Curious, interesting & useful Pa

AN

ESSAY

ON THE

DISORDERS

OF

PEOPLE of FASHION.

[Price Three Shillings sewed.]

G.V.

AN ESSAY ON THE DISORDERS OF PEOPLE of FASHION.

By Mr. TISSOT, D. M.

F. R. S. London; of the Med. and Ph. S. of Basil; of the Oeconom. S. of Berne; and of the S. of Exp. Phy. of Rotterdam.

Translated from the French,

By FRANCIS BACON LEE.

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ESSAY

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OF

FEOPLE of FASHION.

THE

C

AUTHOR's DEDICATION

TO THE

Baroneſs of WALLMODEN.

MADAM,

THIS little work, deſigned principally for the uſe of Ladies of Faſhion, ought to be more particularly offered to

 ſuch

ſuch as unite the accompliſh-ments, virtues and charms of that ſituation without the pre-judices. It did not, *Madam*, take up much of my time to diſcover a Patroneſs; your name is found cloſely connect-ed with the moſt enlarged idea of a Dedicatory Epiſtle, or rather gives it birth, and proves, that, if I am incapa-ble of writing a good book, I perfectly well underſtand how to inſcribe it. Receive it then, *Madam*, with that good-nature

which

which is your peculiar characteriſtic, and conſider it as an humble mark of the profound regard, and reſpectful ſentiments, with which I have the honour to be,

Madam,

Your moſt humble,

And moſt obedient ſervant,

Lauſanne,
Feb. 7, 1770.

TISSOT.

THE

TRANSLATOR'S PREFACE.

MY chief care in this tranſlation was to do juſtice to my author; if I have ſucceeded, the pleaſure of having introduced a work ſo extremely uſeful, to the knowledge of my countrymen, will be a ſufficient reward: if I have failed in my attempt, I hope an unwearied aſſiduity in what I thought might be uſeful, joined to the frailty of mankind, will plead my excuſe.

I have, to the beſt of my abilities, given the ſenſe of my author without

his

his gallicisms, and avoided, as much as possible, his frequent egotisms—As much as possible I say, because, where an invention of his own was mentioned, it would have been a piece of injustice to submit to the rules of criticism.

As far as my abilities would permit, I have given the poetical quotations in the spirit of their originals, and the whole translation is, as much as possible, freed from those technical terms which render works of this kind so extremely disagreeable to all who are not in the practice of the science, and even less agreeable to those who are than if the stile was more familiar.

This may properly be termed a Medicinal Novel; the precepts are agreeably delivered,

delivered, the deſcriptions natural and ſtriking, the examples pertinent, and the excurſions of fancy are ſuch as muſt be felt by all who have feelings.

That it may be as uſeful as the author apparently intended, is the ſincere wiſh of,

FRANCIS BACON LEE.

The AUTHOR'S PREFACE.

FOR an hundred and fifty years paſt, many volumes have been written on remedies for the diſeaſes of the poor; by which name the authors meant indiſcriminately all ranks of people: and though theſe works are badly executed, they at leaſt prove the importance of the object was known. It is now ten years ſince I have occupied myſelf in ſuch enquires, and can venture to ſay, that of all my labours, this work has been the moſt pleaſing.

At the beginning of this century* RAMAZZINI, a celebrated Italian phyſician, publiſhed an excellent treatiſe on the diſeaſes of mechanics, in which he

* *De morbis artificum.* This work appeared at Modena in 1700, and augmented with a ſupplement at Pauda in 1713.

hath inſerted a chapter on thoſe of the recluſe. Hence ſeveral other phyſicians have handled the ſame ſubject, wholly or in part, but much leſs judiciouſly than him.

We have a great number of very good works concerning the health of the military *.

Mrs. *Cockburn*, *Lind*, *Poiſſonnier*, have occupied themſelves with the health of mariners †; and we might form a ſmall library by collecting all that has been written concerning men of letters: upon which head, the circumſtances in which I have paſt the laſt four years, determined me to write a diſcourſe in Latin, which I have ſince tranſlated, and conſiderably improved.

It is obvious from the above enumeration, that much has been written on the health

* Mrs. Pringle, Van Swieten, Monro, and Brockleſby, may take place of all the other authors.

† Ramazzini has likewiſe given a chapter on this ſubject.

health of people of all claſſes, except *People of Faſhion*, who are preciſely the very perſons whoſe health is the moſt ſhattered.

It is true, that the ſame *Ramazzini*, who has treated of the diſeaſes of the recluſe, the ſtudious, mechanics, ſoldiers, and ſailors, has given another work on the means *of preſerving the health of princes*, in which there are many things which may be applied to courtiers, but this work is more ingenious than practical, as he confines himſelf to diet, and ſays nothing of diſeaſes*: he has not therefore filled up the ſpace of which I treat. The only one to the preſent time who has touched upon the ſubject, is M. *Carl*, phyſician to the King of Denmark, who in 1740, publiſhed a book called *the Court Phyſician*,

* *De principum valetudine tuenda commentatio*, Padua 1710. This work, if I miſtake not, was tranſlated into French in Holland.

Phyſician *, written in German, which has prevented my reading it, and which not being tranſlated into any other language, is of uſe but to one nation only, who are themſelves but little acquainted with it. We may then aſſert, that the work which bears this title, as yet exiſts not for the greateſt part of Europe, tho' ſo extremely neceſſary. But though I felt the neceſſity of ſuch a work, I was at firſt far from undertaking its removal, I repeat, *This ſubject was not of my choice*, and without enumerating the different reaſons which ſince induced me to treat upon it, I ſhall only mention two which ſtrongly determined me againſt it; the firſt is, that I had deſtined every moment which I could detach from the avocations of my practice, to correct and finiſh my firſt works, and by degrees, one more conſiderable, to which the importance of its

* Medicina Aulica, &c. Altona, 1740.

its object, and the number of obſervations which I had made upon the ſubject had attached me. The ſecond, ſtill ſtronger, was, that it could not be properly effected but by phyſicians who reſide much in courts, and have great experience in large cities; who have ſeen, in the moſt expanded view, the reigning errors which detriment the health, and have multiplied their obſervations of the conſequences; and finally, whoſe *ſituation* has furniſhed them with numberleſs materials upon the ſubject, which *mine* has happily impeded me from making ſuch vaſt acquiſitions. It is amazing that none have executed a work of the kind I have undertaken: it is the buſineſs of the ſailor who has been in the midſt of the tempeſt to deſcribe it: he is certainly a better judge of the tumultuous elements than one who has always been at too great a diſtance to obſerve them completely; by living always upon the

ſea,

ſea, ſtorms become familiar, and are no longer regarded as an evil.

In doing what others ought to have done, I ſhall be happy, if, ſtruck with the omiſſion and imperfections of this little work, they ſhould be induced to fill up the one, and correct the other. But I muſt premiſe to juſtify myſelf in part, that it was not my deſign to enter into long details concerning diet: enough is to be found on that ſubject in many works ſufficiently ample. We may refer to one *on Health* by Mr. Abbé *Jaquin*, or mine upon the *Health of Sedentary Perſons*. Nor ſhall I give complete treatiſes on each diſorder mentioned; my only aim is to give a general table of the *Errors of Regimen*, and their evil conſequences. I ſhall ſpeak of no remedies but what thoſe diſorders require: and finally, ſhall only make known to the patient what he ought to know, in order to concur in the cure, which is very often only impoſſible when

when the patient will not aſſiſt the phyſician.

Thoſe perſons whoſe health is the object of this work, are almoſt always within reach of aſſiſtance, and indeed the moſt eligible aſſiſtance: it is perhaps for this reaſon that their diſorders have not been treated as thoſe of other claſſes have; but accuſtomed to what is too often done for them, without any trouble to themſelves, they imagine that phyſic in all caſes may be brought to a ſimilar docility; and perſuade themſelves that they may be cured without any inconvenience to themſelves, or even joining in the cure. They think they do a great deal in taking the remedies preſcribed, but ſtill continue the mode of life which kills them: they would fain be cured while they labour to ruin health; and after having hurt their conſtitution, will give up nothing to re-eſtabliſh it.

It is doing them ſervice to make them ſenſible of the impoſſibility of their expectations being gratified; they are contrary to the immutable Laws of Phyſic, which are happily beyond the reach of man's fantaſtical will, or the caprices of faſhion. The cure of a diſorder varies and depends on many exigencies and circumſtances. It may be conſidered as a machine compoſed of many parts; if they do not all agree, if there is not a perfect harmony in all their movements, the effect muſt neceſſarily fail. All the experience and care of a phyſician cannot give health to the diſeaſed if he does not aſſiſt in the cure, by complying with whatever his diſorder requires, and abſtaining, as much as poſſible, from every thing which may retard or render his cure impoſſible.

AN

ESSAY

On the DISEASES of PEOPLE of FASHION.

SECT. I.

WE are well and enjoy our health when all our functions operate with regularity, ease, and without impediment.

SECT. 2.

We enjoy perfect health when it is the least susceptible of irregularity, and not subject to be

A affected

affected by common occurrences, and much leſs by thoſe unavoidable things which phyſicians term *non-naturals*, from whoſe uſe none can be exempted, ſuch as *viands*, *drinks*, *air*, *motion*, *reſt*, the *paſſions*, *ſleep*, *wakefulneſs*, *ſecretions* and *excretions*.

SECT. 3.

We are delicate when affected by occurrences not carried to exceſs.

Delicate perſons are often well, but never ſure of continuing ſo long, becauſe their health is too much dependant on foreign circumſtances. Such a ſtate of exiſtence is not to be envied, ſince it is a perpetual vaſſalage, in which we are always compelled to fix our attention upon ourſelves in order to avoid dangers, not always to be known, or when known, avoided.

SECT. 4.

Delicate perſons ſoon become valetudinary, by an habit which prevents the faculties from operating regularly, ſo that without any appa-

rent

rent diſeaſe, they are often out of order without being able to aſſign the cauſe. Without doubt there is a cauſe, but ſo trifling as to be unperceivable. This ſecond degree of phyſical delicacy is miſerable indeed; for the *flow of life*, which characterizes good health, and which according to natural philoſophy is the true ſource of happineſs, is wanting.

They are hardly ever well; one day of health is bought by months of anxiety, and the irregularity is ſometimes univerſal throughout the culties, without being peculiarly diſtinguiſhable in any. They ſuffer a general depreſſion without being able to point out their complaint. Many are deſirous to exchange ſuch a ſituation for a violent and dangerous diſeaſe, if limited, or even for death itſelf when it is arrived to its laſt hopeleſs period, and when the moments of life are counted only by pain—but death often makes them wait: and I have frequently ſeen, with equal grief and aſtoniſhment, valetudinarians, oppreſſed with the weight of continual anguiſh, at times tormented with grievous diſorders, reſiſt him for many years, and neither able,

critically

critically ſpeaking, to live or die, but victims to a ſtate of exiſtence of which the cauſes have not yet been ſufficiently aſſigned, called the avarice of life.

Sect. 5.

The number of delicate perſons, and of valatudinarians, are not equally diſtributed thro' the different degrees of ſociety: There is one in which they are much more numerous than in the reſt, and in this degree we find ſome ſpecies of diſeaſes much more frequent than elſewhere.

1. Which is that degree.
2. What are the cauſes which ſo unhappily diſtinguiſh it.
3. What are its diſeaſes.
4. Which are the methods of cure.

Theſe are objects upon which it would be proper to fix the attention of thoſe perſons intereſted therein and their phyſicians. I ſhall examine them ſucceſſively; but we muſt firſt of all determine

determine what is the habit of body which gives each faculty that permanent regularity that constitutes good health, and what order of men it is most frequently found in.

ARTI-

ARTICLE I.

The CAUSE *of* GOOD HEALTH.

SECT. 6.

THREE things principally conſtitute perfect health: the firſt is a ſtrong fibre, which giving a proper degree of motion to the veſſels and arteries, maintains the regularity of the animal functions; while a fibre too relaxed, wants ſtrength, and is incapable of the leaſt degree of exertion without manifeſt inconvenience; the blood in the ſmall veſſels circulates imperfectly; the humours for want of motion corrupt, and become ſharp: the ſecretions, the name given to the ſeparation of the fluids, ſuch as ſpittle, phlegm, bile, ſweat, &c. in the organs deſigned for the operation——the ſecretions, I ſay, are imperfectly performed.—The blood is clogged with part of thoſe humours which they ſhould diſcharge, and the functions

to

to which thoſe humours were neceſſary ſuffer by their want, or by their bad preparation. Hence it ariſes, that the viſcous quality of the ſpittle diſorders the teeth, and cauſes bad digeſtions, whether the bile does not ſeparate, or ſeparates improperly, its effects import that the inteſtines are vitiated, and the health conſequently ſuffers.

Hence we ſee, from this firſt condition, ſufficient ſtrength in the fibres, and conſequently in the veſſels and arteries, which are fibrous, ſecures the perfection of the animal functions, among which the heart, the principal cauſe of motion, and the ſtomach, are the moſt important; when they perform their offices well, it is rarely that any other is diſordered. Thus in reciting the firſt condition requiſite to health, we join the regular motions of the heart to thoſe which are digeſtive.

Sect. 7.

The ſecond condition neceſſary to a perfect ſtate of health, is an equal preſpiration, and when the firſt condition exiſts, this generally takes

takes place. Perſpiration is the moſt conſiderable evacuation of any, it qualifies at leaſt the one half of what we eat and drink; if it is incompetent, the body is over charged with ſharp humours, which it ought to diſcharge; by this means we are oppreſſed by the retention of ſuch a maſs of humours; and if this acidity depoſits itſelf upon the ſkin, it produces many maladies, but if it fixes itſelf upon any interior organ, it produces diſeaſes of a much more ſerious nature.

Sect. 8.

A third condition, without which the health is very uncertain, is to have firm, ſteady nerves, that is to ſay, not being too ſenſible to impreſſions, but which return to the organs of ſenſation nothing but what is proper, nor diſorder the whole frame for a trifling cauſe, as it happens to all who have weak nerves, which having part in all the animal functions, cannot but impede their progreſs, when ſubject to too great a degree of ſenſibility, which renders the impreſſion of what acts upon them more affecting than they can bear. Their motion on the parts

through

through which they are diſtributed, is too ſtrong and irregular; whence ariſes an univerſal diſorder throughout the animal ſyſtem, and a deprivation of health.

Sect. 9.

In what I am to advance, I ſhall evince, that a ſtrong fibre, an equal circulation of the blood, a regular digeſtion, a properly ſupported and ſufficient perſpiration, and finally, ſteady nerves, are the real requiſites to aſſure an enjoyment of good health, and are found with thoſe who enjoy it beſt.

If it is demanded who enjoy thoſe requiſites, reaſon replies, the labourer, who, in this reſpect, is ſuperior to the mechanic, but unhappily inferior to the labourers of former times—times when labour alone was his employment.—Nay, at preſent there are nations, who, unknown to polite diſeaſes, die only by accident, or through age.

According to our departure from habitude, our health gradually diminiſhes; our labourers are not equally robuſt, becauſe they do not live a life equally rural; many have been ſervants,

others ſoldiers; and infected the village with the cuſtoms of the city.

The different mechanics employed by citizens, independant of the diſeaſes incident to their various avocations, prejudice their healths, by departing from rural ſimplicity, which dictated by nature, does that which is moſt analagous to our conſtitution.

> Where Nature's laws o'er-rule capricious ſenſe,
> A healthy body is the recompence.

An averſion to ſimplicity encreaſes among the beſt citizens, and their health proportionably diminiſhes; they exhibit many diſeaſes unknown to the fields, and which are triumphant in high life; an order in which we muſt comprehend, if we conſider health relatively, all perſons, who, though not of the ſame rank, purſue the ſame courſe of life; that courſe of life, which, having nothing uſefull to ſupport it, depends upon continual diſſipation—introduced and continued by the ſons of idleneſs, who, to defeat the inſupportable tediouſneſs of a life diſagreeably inactive, attempt to kill time by pleaſure; but as real enjoyment is merely relax-

ation,

ation, they are compelled to have recourſe to factitious ſubterfuges, whoſe only merit are ſingularity, in oppoſition to nature, and the glare of deceptive ſhow. Such pleaſures may be real to ſuch as fancy themſelves to be merely machines; an aſſertion which no arguments can maintain, and which detaches us from all that is dear. Undoubtedly the origin of luxury, which is only the combination of a multitude of ſuperfluities, was invented by man to mingle variety with his being, or perhaps to diſtinguiſh himſelf: This is the perfect ſituation of the whimſically hippiſh, who require a great number of remedies to cure them of nothing. The healthy infant is amuſed with any thing, while the ſickly child plays with every toy without being pleaſed.

Unhappily this falſe taſte is contagious, for from thoſe who invented it through neceſſity, it hath paſt as a faſhion to ſuch as it detriments very much. It is generally among the well educated, who ſeem to propoſe it as the principal object of their purſuit; they are ſo careleſs with regard to health, that the greateſt part of their diſeaſes are ſcarcely known in the country; thoſe which are common to both places, have very

different

different effects, and are much leſs malignant in the country than in town.

SECT. 10.

To aſſign the cauſe of ſuch difference, we muſt examine in what manner the ſix non-naturals are uſed, of which I ſhall particularly ſpeak, as they affect mankind in general, as well with regard to his formation, as the variations obſervable in his temperature and health.

In comparing the food and drink of the labourer with the nutriment of people in *high life*, the air breathed by each, the exerciſes they take, their ſleep, the regularity of their ſecretions, and, above all their paſſions, we ſhall eaſily perceive the cauſe of their different temperaments, their health, and their ſtrength.

ARTI-

ARTICLE II.

Of ALIMENTS *and* LIQUIDS.

SECT. II.

THE coarſeſt bread, porridge, which is often only bread ſoaked in boiling water and ſeaſoned with a very little butter and ſalt, ſkimmed milk, butter milk (in both caſes the greaſy particles are ſeparated from the milk) whey ſeparated from both greaſe and curd, though rarely of all the milk; new cheeſe, or at leaſt cream cheeſe, with very little ſalt; vegetables, and thoſe commonly the leaſt ſavoury, ſuch as radiſhes, beans, kidney-beans, cabbages, beet-roots, lettices, potatoes, leaks; ſome common fruits; rarely butchers meat, and ſometimes bacon, which is only ſeaſoned with a little ſalt, are almoſt the only things which compoſe the food of the labourer, attached to what is really advantageous to him, regardleſs of cuſtom.

His only foreign ſeaſoning is pepper; he ſometimes adds onions, or in ſome countries garlick:

garlick: himſelf, his wife, and his miller, furniſh his houſehold, get in the harveſt, and prepare the food. His drink is generally water.

Sect. 12.

If we compare theſe aliments with thoſe inveſtigated in many volumes, they will appear a very incomplete collection; for except the bread, which, however, is widely different, the ſalt, butter and pepper, we find none of them on the tables of the great; or if they are permitted to appear, they are ſo much diſguiſed, as not to be eaſily known.

The moſt juicy meats, the higheſt flavoured game, the moſt delicate fiſhes ſtewed in the richeſt wines, and rendered ſtill more inflammatory by the addition of aromatic ſpices; poultry, crawfiſh, and their ſauce; meat gravies, variouſly extracted; eggs, trifles; the moſt ſavoury vegetables, the ſharpeſt aromatics laviſhly uſed; ſweet-meats of all kinds, brought from all parts of the world; candies infinitely various; paſtry, fries, creams, the ſtrongeſt flavoured cheeſes, are the only viands introduced by taſte.

The

The ſtrongeſt brought from every place which produces them; brandy, in the moſt attractive and dangerous forms; coffee, tea, and chocolate, are found upon their tables.

If we calculate the hands employed to furniſh out a middling entertainment, we ſhall find them amount to ſome hundreds: for grand feſtivals we muſt count by thouſands. It is eaſy to perceive the different effects of ſuch oppoſite regimens.

SECT. 13.

The firſt may be reduced to aliments compoſed of flour and milk, juſt ſufficiently flavoured to flatter thoſe organs diſpoſed to be agreeably affected by the neceſſaries which it is their buſineſs to receive. By this means ſuch food loſes what made it perniciouſly agreeable, and conſequently man for whom it was intended as mere nouriſhment, takes no more of it than what is neceſſary. His ſtomach is therefore never over-charged by quantity; the preciſe maſtication, at preſent only obſervable in low life,

life, greatly facilitates digeſtion, and effects it without trouble. The food neither curdles nor corrupts; no acidity, no ſharp fumes diſorder either ſtomach or bowels: it cauſes neither cholics, coſtiveneſs, nor purgings, but forms a ſoft chyle, which paſſes through the veſſels without irritating or rendering them feveriſh, and by its glutinous quality repairs what we loſe, and gives additional nouriſhment, while its earthy and watery ſuperfluous parts are voided excrementally according to the intent of nature. In a few hours the diſtribution and employment of this firſt meal is completed, appetite returns, and is gratified with the ſame pleaſure; and the ſame order is continually obſerved.

SECT. 14.

A perſon in high life generally gratifies appetite, and dilutes thirſt with the ſharpeſt things, or things which have ſo pleaſing an impreſſion on the palate as to excite a deſire to indulge with more than is needful, which is leſs than what the working labourer requires: hence ariſe the inconveniencies attendant on repletion; his

ſtomach

ſtomach being affected becauſe the nerves are more ſo, ſtruggles the whole frame into diſorder; the frothy chyle, as ſharp as nouriſhing, communicates the tremor to the veſſels; the rapidity of the pulſe, ſome hours after ſuch a meal, proves its effect. This temporary fever, which continually ſeeks relief, being daily repeated, is at laſt inevitably eſtabliſhed; all the organs of ſecretion being inflamed; the functions are diſordered, and the whole animal œconomy thrown into confuſion. The moment the next meal is prepared, he ſits down to eat, not that he has any occaſion, but is cheated into deſire by the uneaſineſs of his ſtomach, which he qualifies with a little clear water, and then fancies himſelf hungry, and will eat. Variety, ſmell, colour and ſteam, invite: he decides in favour of a particular diſh—he is ſerved, and taſtes it, but ſends it back and tries another: he eſſays a multitude, and eats of ſome, the catalogue of which would almoſt make a volume. They are compoſed of an infinite number of articles, the union of which is one of the greateſt obſtacles to digeſtion: tender meats, vegetables and

fruits, are corrupted, and their digeſtion prevented by other aliments, or by drinks, from whoſe long ſtay on the ſtomach, corruption, rather than digeſtion, takes place; or ructations, which are obſtacles to thoſe ſenſations which characteriſe health.

The firſt of theſe regimens favours the conditions requiſite to health, the latter totally deſtroys them.

We have regarded the uſe of ſalt, acid and inflamatory drinks, as the principal cauſes of the ſhortneſs of human life; and it naturally appears to be ſo; for whatever quickens the motion of the heart, ſhortens the thread of life: but what compariſon can be made between the internal irritation of ſalt, leaven, and the moderate uſe of ſtrong liquors in former times, and the meats and drinks at preſent prepared for the tables of the great. What difference in the effects from the ſame cauſes? The ſame regimen which prolongs life, beſtows good health. We may eaſily perceive how much this deſtructive regimen, which renders exiſtence ſo miſerable, requires to be continue.

It would be uſeleſs to enter into a larger detail on the pernicious effects of each particular aliment or drink here indicated, they may be found in more copious works. It ſufficeth in my plan to make known the dangers in general.

I ſhall ſpeak now of what regards air,

ARTICLE

ARTICLE III.

Of AIR.

SECT. 15.

IN this article people in high life ſeem to have the advantage. If we compare the air of their apartments, which are large, lofty, often airy, and always convenient, with the ſmall chambers of the lower claſs of people, which the author of *Advice to the Poor*, has obſerved, are generally infected, we ſhould imagine the air, breathed by the former, is far preferable to that exhaled by the latter. But in the firſt place, the labourer reſides but little in his chamber, paſſing the greateſt part of his life in the open air, which is much ſuperior to what is found in elegant apartments, be they as large and convenient as poſſible. The inhabitant can only be furniſhed with town air, which even in the ſtreets, and moſt healthy places, is far inferior to the air of the country, but very unwholeſome in many quarters. In the ſecond

place,

place, this air is often detrimented by their perfumes, whoſe effluvia, in fact, does not diſperſe any more than the impure exhalations of lowly habitations, but frequently draws the blood towards the head, affects the nerves, and is equally hurtful.

SECT. 16.

Thirdly, The peaſant in the mean time breathes the pureſt air. He riſes and goes to bed with the ſun, and enjoys all the advantages which the preſence of that planet above the horizon beſtows on the atmoſphere. Advantages demonſtrable by the daily obſervations of the effects they produce upon animals and plants, and which prove that its influence is the ſoul of whatever exiſts.

The morning air gives to him who breathes it, a ſtrength and ſpirits which he feels the remainder of the day; the exhalations from the ground, the moment the plough opens the furrows, and thoſe of the dew intended as vegetable nouriſhment, are a volatile balm; and thoſe of the flowers, which are never ſo lively as when the ſun riſes, give ſuch as enjoy the country air,

air, under theſe different circumſtances, a principle of life unknown to thoſe who only breath the air of chambers; who by their care to ventilate them, prevent it from becoming malignant, but cannot render it ſalutary; it ſufficeth to ſupport life, but cannot eſtabliſh.

Sect. 17.

A fourth obſervation to be made is, that air freely circulated, which the peaſant enjoys, is another grand cauſe of ſtrength and health, which the opulent, who ſeldom quits his apartment, and carefully avoids the leaſt breath of wind, who always goes out in a coach or chariot, where no more air is admitted than what will juſt prevent ſuffocation, is deprived, and that privation muſt undoubtedly be pernicious.

Wind is one of Nature's grand agents, the impreſſions of which are neceſſary to all organiſed bodies. Motionleſs air is to animals and plants the ſame as ſtagnant waters to fiſhes formed to exiſt in rivers. Thus, in being anxious to preſerve ourſelves from the wind, we do ourſelves a real injury: and this dangerous precaution expoſes us to many ſerious evils, at the

the ſame time that we cannot abſolutely avoid it, which often happens.

It is aſtoniſhing that man, who cannot exiſt a moment without air, is ſo terribly afraid of it, and ſo little attentive to the quality of what he breathes: he cannot be doubtful but that ſavages, whoſe food is frequently unwholeſome, are healthy from being expoſed to the air. And it is now known, without admitting a doubt, that ſheep, whom no care, no regimen, no noſtrum, can ſecure from the rot, are ſufficiently ſheltered if foldered, during the winter, in the open air. That theſe compariſons drawn from ſavages and animals, may not be objected to, it muſt be premiſed, that the general laws of the animal œconomy are the ſame with reſpect to men and brutes, and the baleful influence of the air equally affects the health of the greateſt beauty beneath her gilded roof, the ſheep in the fold, and the plant in the green-houſe: we are ſenſible of the prodigious difference in ſtrength and vigour, between him who lives in the open air, in a land but little cultivated, and him who dwells cloathed beneath a roof. This

difference

difference is diſtinguiſhable between the citizen and countryman. And the paleneſs of him who ſeems to live only in the night, reminds us of that dingy whiteneſs which is the general colour of ſuch flowers as are ſheltered from the direct rays of the ſun, and the brightneſs of the day.

ARTICLE

ARTICLE IV.

Of Motion *and* Rest.

Sect. 18.

THERE are two principles equally demonſtrable in that part of phyſic which conſiders the mechaniſm of the animal functions, called *Phyſiology*; the one is already pretty explicitly mentioned, that ſtrength, and the regular circulation of the blood, are the baſis of health: the other, that nothing aſſiſts the circulation but exerciſe, of which there are none but muſt have noticed the viſible good effects, once at leaſt in their lives, in themſelves or others. Theſe two principles admitted, we may, at firſt ſight, deduce a judgment therefrom, of the manner of life moſt eligible to health. For the opulent, ſhut up in his own houſe, or on viſits to others in thoſe vehicles contrived by art to move rapidly without communicating motion to thoſe who are incloſed in them; and for the labourer, who is in a continual motion, tolerably

equal: *This* enjoys all the benefit of exercise, *that* is a victim to all the ill conveniencies attendant on inaction, and to those which are the effects of violent agitation, such as rapid hunting, dancing, a quick journey, or other brisk motions, which are extremes opposed to his ordinary manner of living; while the labourer is equally unacquainted with inactivity, or too violent motion. He sometimes makes efforts which have their inconveniencies, but different from those produced by too quick a motion. He scarcely knows what it is to run; his dances are not over heating; he does not hunt; and when he is obliged to exert himself too much, 'tis in consequence of his dependance on the wealthy, when he may be deemed the victim of their irregular manner of life.

SECT. 19.

The order which authors, who have treated on diet, have commonly observed, leads me to speak concerning sleep; but as it principally depends on the passions, I shall make them to precede that article, though generally placed as the sixth, when perhaps it ought to have been the first.

ARTICLE

ARTICLE V.

Of the PASSIONS.

SECT. 20.

THE paſſions have a more eſſential influence and efficacy on the health of man than motion, aliments, or even air itſelf. Strong paſſions, though the moſt agreeable, always exhauſt, and ſometimes kill upon the ſpot: the ſorrowful paſſions abſolutely deſtroy the animal œconomy, and doubtleſs, are the general cauſes of languiſhing diſeaſes.

If we compare the ſituation of a man in high life, to thoſe of the lowly, when under the influence of paſſion, a greater difference will be obſerved than in any other article. Before we come to this parallel itſelf, let us for a moment conſider the ſimple action of the ſoul with reſpect to theſe two claſſes of men: we ſhall find it labours greatly in the one, and very little in the

the other; becauſe the firſt has continually before his eyes, and in his imagination, a variety of objects that keep him in continual agitation, while the other is troubled with very few that preſent themſelves to him regularly; as they ſucceed each other, he can almoſt tranſact his buſineſs like an automaton without reflection. This œconomy of ideas is one of the ſureſt preſervatives of health, which in the eye of reaſon, almoſt always the reverſe of the faculties of the ſoul; on this occaſion we may apply thoſe beautiful lines of the epiſtle to Monſieur Montule:

Unerring Nature whom true wiſdom guides,
For all her children equally provides;
In brutes an inſtinct limited diſplays,
And gives them health, denying Reaſon's rays,

SECT. 21.

If we only uſe them in thinking deeply, or ſtrongly agitated, we ſhall diſcover how the paſſions detriment us; there is between them and mere intenſe application, the ſame difference as between convulſions of the body (ſtrong paſſions are the convulſions of the ſoul) and great exerciſe,

The

The ambition of honour, the love of titles, the desire of possessing such a fortune as luxury renders necessary, are three principles that incessantly animate the man in high life, keeping his soul in continual agitation, which alone would be enough to destroy his health; frequently exposed to a reverse of fortune, to mortifications, to sorrows, to humiliations, to rage, to vexations, which continually embitter his moments; and what aggravates the danger of such distressing impressions, is the necessity he is under to constrain or mask them.

SECT. 22.

The labourer has no ambition but to have a plentiful crop, and does not place his happiness in a multitude of objects, which being likewise the happiness of others become subjects of rivalship; a prize that every one disputes: all his wishes are for a fertile season, and his neighbour's wishes are the same; he does not desire to encrease in riches: but the man who is only happy in his expectations of a place of dignity, pension, title, favour, or even a smile, which a hundred besides himself, of more influence and merit,

merit, are equally ambitious to obtain, lives surrounded by a world of enemies, by each of whom all his actions are suspiciously observed. Fear, diffidence, jealousy, and aversion, reside in his heart and disorder his several functions.

Lancisi, principle physician to two popes, and long a witness of the tumults of a stormy court, has long ago mentioned the impossibility of courtiers being healthy; *because*, says he, they take no exercise, and their minds being continually agitated between hope and fear, never have a moment's repose; it is therefore not at all surprizing if their weakness exposes them to hypochondriac complaints or diseases of the head.

In this continual conflict of jarring interests, when one of the competitors succeed, the souls of the rest are cruelly torn; and what is still more distressing, in the very moments when they are on the brink of despair, they often find it an indispensible duty to go and embrace their successful rival with a countenance of seeming serenity. The love of rank in all people, their ardour to eclipse their equals in all things, is obvious in various situations; but stronger, undoubtedly

doubtedly in courts than elſewhere. In the mean time it exiſts, and is well ſupported in every city where a number of people of condition are aſſembled, and where, on that account, there are the ſame objects to excite emulation, preſenting every moment ſome cauſe of diſcontent. When the ſoul is in ſuch a ſituation it neceſſarily influences the health.

SECT. 23.

Examples of perſons who have died on the ſpot through the effects of ſtrong paſſions are not rare, authors abound with them.

The Emperors *Nerva* and *Valentinian* periſhed by exceſs of rage; *Vinceſlaus*, King of Bohemia, died in the ſame manner.

Exceſſive grief, let what will be the object, is not leſs fatal: *Adraſtus* died on his return from the ſiege of Thebes, through the mere apprehenſion of the death of his ſon *Agyales*, and the news of the death of *Edward* the Black Prince killed *Edward* the third his father. The daughter of *Cæſar*, and the Empreſs *Irene*, died thro' apprehenſion, the one for the death of *Pompey*, the other for that of the Emperor *Philip*, their

reſpective

reſpective huſbands. *Antigonus Epiphanus* could not ſuſtain the ſhame of a defeat; he declared to his friends that grief killed him: he loſt his army rapidly, and died ſoon after.

Joy itſelf has its martyrs. When the three ſons of *Diagorus*, victors at the Olympic Games, came to place their crowns upon the head of the happy parent, he could not ſuſtain the extaſy, and died on the ſpot. Such ſenſibility, impreſſed by good fortune, is too affecting; our nerves were not formed to bear ſuch extremes, and probably thoſe of the heart are ſimilar.

The amazing applauſe beſtowed on a new Tragedy of *Sophocles*, and a new Comedy of *Philipidas* had the ſame effect on each; their ſucceſs was productive of a fatal ſatisfaction to both.

But of all the paſſions there are few that murder ſo many as ſucceſsleſs ambition or humbled vanity; examples of which occur in no part ſo frequently as in courts.

Alonſo Pinſon, one of the lieutenants to *Chriſtopher Columbus*, who was in great haſte to arrive before him at court, on the return from their expedition, died of grief becauſe they would

not

not receive him without his chief. And captain *Monk*, that able mariner, the firſt who penetrated to the extremity of Hudſon's bay, offended at the manner in which he was treated by the king of Denmark, upon his going to take leave of him in order to embark for a ſecond expedition, was ſeized on the ſpot with a fit of grief, retired to his bed, and expired ſoon after.

We read in a late work, that one of the firſt magiſtrates of a republic in Switzerland, fell down dead at the feet of his rival, who came to ſupplant him, on his approaching him with a ſmiling countenance in order to be congratulated. And one of the greateſt profeſſors that Germany hath produced this age, having received from one of his colleagues an affront in diſputing the paſſage, could not overcome the vexation, but died in a few days.

Such paſſionate exceſſes are not to be ſeen every day; but thoſe examples which prove their force, teach us that their effects are dreadful. In a leſs degree they do not ſeem ſo fatal, when they are often times more ſo: They throw into us the ſeeds of diſorders languiſhingly oppreſſive,

preſſive, which in time diſplays itſelf, and deſtroys, without our ever being ſenſible of its origin. As great employments expoſe us to the frequent effects of quick paſſions, courts muſt of neſity be the moſt unfavourable places to health: the more the number of circumſtances are augmented by which happineſs is enſlaved, the more is that happineſs diminiſhed.

SECT. 24.

The crowd of people with which the man of rank is ſurrounded, and whom he thinks neceſſary to his occaſions, in reality multiply his troubles, infringe his repoſe, and are to him a continual ſource of confuſion, becauſe his happineſs depends upon a number of inclinations, which he can never completely control, but finds as many obſtacles as heads.

The peaſant, without ambition, title, favour, or variety, and ſcarce any riches; ſole artificer of his own good, having none about him but his relations, or a ſmall number of domeſtics, who, being his equals, think like him, and live with him, have the ſame will as himſelf, or at leaſt ſubmit their will to all his wants,

is

is not the victim of any of thoſe deſtructive paſſions. If he at any time experiences them, they are much weaker, and much more eaſy to pacify; his ſenſibility being leſs, he is leſs forcibly affected: the loſs of perſons to him the moſt dear, ſcarce touches him; that of his effects, not much more, becauſe poverty itſelf would hardly alter his manner of living: beſides, he is never ſenſible but to the preſent, while the affluent dreads the future—his imagination, diſordered by the agitation of his nerves, fills him every moment, with the vapours. Numbers of ladies are under an impoſſibility of being well, without mentioning other cauſes, by the continual ſucceſſions of their fears, which every inſtant throws them into a violent ſituation, abſolutely diſorders the whole animal œconomy; they ſcream out, if the leaſt irregularity of the ground cauſes their coach to lean more on the one ſide than the other; while the labourer preceding the brilliant equipage, will almoſt ſuffer it to run over him before he turns his head, or thinks of ſtepping aſide to avoid it.

SECT. 25.

This great ſenſibility occaſions people of rank to be the victims of their moſt laudable feelings; all that afflicts or threatens others, all the evils incident to mankind in general, or merit in particular, are to them real grievances, affecting them very frequently, more than their own private complaints, and eſſentially deſtroy their health; in a word, infinitely more ſenſible of tender impreſſions, and expoſed to a much greater number than the peaſant, of neceſſity they muſt ſuffer much more.

ARTICLE

ARTICLE VI.

Of SLEEP *and* WATCHING.

SECT. 26.

THE influence of the paſſions principally affects our ſlumbers; the length of our ſleep, its regularity and tranquillity are the ſtrongſt appendages of health. If, in this reſpect, we draw a parallel between the rich and brilliant inhabitants of cities, and thoſe of the fields, we ſhall find all the advantages in favour of the latter. The hour when he retires to reſt, which is that deſigned by nature, obviouſly marked for the repoſe of all animals, and the diſpoſition he is in when he reſigns himſelf up to it, renders it impoſſible that the ſleep of the one ſhould reſemble that of the others. The peaſant whoſe nerves are not agitated by any affection of the ſoul, or blood inflamed, or ſtomach labouring with

with the effects of an erroneous regimen, lays himſelf down and ſleeps; his ſlumbers are tranquil and profound; it is difficult to wake him, but the moment his ſpirits are recruited, he awakes, he is perfectly eaſy, freſh, ſtrong, and light. The man of faſhion, diſturbed by buſineſs, projects, pleaſures, diſappointments, and the regrets of the day, heated by food and drinks, goes to bed with trembled nerves, agitated pulſe, a ſtomach labouring with the load and acrimony of his food, the veſſels full, or juices which inflame them, indiſpoſition, anxiety, the fever accompanies him to bed, and for a long time keeps him waking; if he cloſes his eyes, his ſlumbers are ſhort, uneaſy, agitating, troubled with frightful dreams, and ſudden ſtartings; inſtead of the labourer's morning briſkneſs, he wakes with palpitations, feveriſh, languid, dry, his mouth out of order, his urine hot, low ſpirited, heavy, ill tempered, his ſtrength impaired, his nerves irritated and lax, his blood thick and inflamed; every night reduces his health, and fortifies the ſeed of ſome diſeaſe.

ARTI-

ARTICLE VII.

Of Secretions *and* Excretions.

Sect. 27.

THE ſecretions and excretions, or in plain terms, the ſeparations and evacuations, are very important functions in the animal ſyſtem. Secretion conſiſts in the ſeparation of certain particular humours in the organs intended for that purpoſe, from whence they are conveyed into other parts where they are uſeful. Hence it is that the ſeparation of the ſaliva or ſpittle is performed in the glands that ſurround the mouth, and then carried into the ſtomach; that of the bile is performed in the liver, and repairs to the inteſtines.

Excretions are thoſe evacuations which carry out of the body the ſuperfluity of the aliments, thoſe parts which cannot aſſimulate, or become

part

part of ourſelves, and are called excrements; reſpiration, urine, and ſtools, are the principal; they are the beſt performed when food is ſimple, the manner of living ſober and regular, the ſleep tranquil, the air we breathe pure, the body exerciſed, when we are but little diſturbed by the paſſions. Hence it is eaſy to comprehend how theſe functions are better performed with the peaſant than the man of faſhion.

Sharp foods, hot drinks, inflaming ſpices, abſolutely diſorder the ſecretion of the humour termed gaſtric juice, which it ſeparates in the ſtomach to forward digeſtion, thickens and hardens the bile itſelf, obſtructs and influences its channels, gives coſtiveneſs, maintains a ſmall fever; all the ſecretions and evacuations are diſordered. Idleneſs, though it opperates differently, produces, in the long run, almoſt the ſame effects: But it is certain that the paſſions which abſolutely diſorder the functions of theſe two claſſes, grief, wearineſs, anxiety, envy, deſtroy, as hath been ſaid, digeſtion, and the offices of the bile; and when thoſe functions are diſordered, the baſis of the animal oeconomy is reverſed, ſleep diſappears, health declines,

declines, and the door is opened to all chronicle diſeaſes.

Sect. 28.

We may range under the article of ſecretions the pleaſures of love; and here all the advantages remain with the ſon of nature: brought up under the eyes of his father and mother, accuſtomed to continual action, unknown to the anxiety of idleneſs, ſheltered from dangerous diſcourſes, far from alluring objects, he knows not the buſineſs till his union is determined; when exceſs of health awakens in him a ſenſation which nature hath given even to the brutes, to ſtimulate him to create his likeneſs as ſoon as he hath acquired maturity: his deſires have not that impetuoſity, which is oftener the effect of imagination than neceſſity—he wants opportunities—hence the pleaſure with him goes no fartker than what nature requires, and he encreaſes his health even while he exhauſts it: but with the youth of the town, who finds himſelf in circumſtances abſolutely different, debauchery advancing age by force, is the ge-

neral cauſe of his diſeaſes, and of his periſhing in the flower of his age.

Sect. 29.

Dreſs, deſigned to favour perſpiration, is among people of faſhion one cauſe of the badneſs of their health, and is detrimental many ways.

In the firſt place, it has commonly the effect of a bandage, which, if it is not general, acts at leaſt upon the principal veſſels; narrow ſhoes to confine the feet, bandages under the hams, at the lower belly, at the arm-pits, at the neck, at the wriſts, at every part where the circulation of the blood ought to be free.

We know how much bodies bound in whalebone are deſtroyed in ſhape and health. The ſtomach and inteſtines always confined, and conſtantly conſtrained in the performance of their offices, engenders diſeaſes, digeſtion is loſt, the bowels cloged, the humours diſordered, the ſymptoms end in the green ſickneſs and corrupted humours, the acids prevail, nutrition ceaſes; the bones grow weak, and are often put out of form, from the age of ten to eighteen,

teen. So that the very means deſigned to make fine ſhapes, are the cauſes of deformity.

Another inconvenience attending faſhionable dreſs, is, that thoſe who require the moſt covering, have the leaſt: The ladies have their breaſt and neck covered, or quite bare, alternately; the men always cloſely inveſted, admit no air to enter but preciſely at the middle of the breaſt. Each the moſt certain to endanger thoſe eſſential parts. The peaſant is never confined, but always buttoned; his wife and children ſee no part of his body, and his breaſt is covered at all times alike.

Sect. 30.

The pores of the head always ſhut by a fat and mealy gum, ſometimes thoſe of the face by pomatum filled with pernicious particles, of which M. *Des Hays* hath made the dangers known, are again the cauſe of damage by preventing peripiration, which being retained, flies to the neighbouring organs, and produces a variety of maladies.

The head unequally covered, ſometimes much, ſometimes not at all, is dangerous; the ſmalleſt

cauſes

cauſes greatly affecting objects replete with ſenſibilty and delicacy.

The frequent uſe of fans is even dangerous, for an able phyſician has lately aſſerted, that in ſtopping the preſpiration of the face, they render the head hot, and heavy, I think it the occaſion of ſo many bad eyes, ſore noſes, teeth-achs, and pimply eruptions.

Sect. 31.

Secretion of milk is another cauſe of diſorder among ladies of faſhion: when they do not ſuckle their oſiſpring, the milk overflows, and cauſes infinite complaints, very grievous and hard to conquer; among which is one extremely dreadful, becauſe it immediately impedes population, and which none have mentioned before; it is a ſpecies of palſy in the uterus, which follows the loſs of the milk and renders them inſenſible to the pleaſures, and unfit for the purpoſes of generation. In the ſame manner flowing upon the inteſtines, it ſometimes occaſions a *diarrhœa* without being felt. If they ſuckle without experiencing the trouble requiſite in ſo novel a

ſituation,

ſituation, they are exhauſted, and fall into a diſorder of the nerves.

SECT. 32.

The abuſe of tobacco is no more an error, tho' many years preſerved, among the great, it appertains equally to all orders; it is at preſent more uſed in the anti-chamber than in the parlour, and much more ſo in paltry public houſes, than in convivial aſſemblies of the great. But the uſe of perfumes, as well in powders as liquids, is a branch of luxury of the toilets only, attended with very bad conſequences, in continually irritating the nervous ſyſtem, and that ſo forcibly in ſome perſons, that it weakens them exceedingly, if they are obliged to ſuſtain it long. There are thoſe of the muſcadine kind which produce this effect with more certainty than the others: but all, let them be what they will, are truly pernicious, and ſhould be abſolutely baniſhed. Offenſive ſmells alone ſhould be perfumed, ſays *Martial*, ſixteen hundred years ago. I don't know if he reformed the citizens of Rome, but if the abuſe now ceaſes, the repetition will be uſeful. A good

reaſon

reaſon why the cuſtom ſhould be abandoned by all ſuch as have good conſtitutions, is, that it is uſeful only to ſuch as are diſgraced by nature, and who are obliged to conceal, with perfumes, the diſagreable odours with which they have the misfortune to be infected.

ARTICLE

ARTICLE VIII.

Diſorders moſt frequent in People of Faſhion.

SECT. 33.

I HAVE in haſte gone through the principle differences obſervable between the man of faſhion and the labourer's manner of living, but ſhall particularly point out the diſeaſes generally reſulting from the continued habitude of thoſe cauſes. I muſt premiſe that thoſe cauſes having once acted upon a firſt generation, their children are weaker than themſelves, and luxury and effeminacy having preſided over their education, thoſe ſeeds of evil which were born with them are daily augmented; their progeny are therefore ſtill weaker than the parents, and the evil is progreſſive from age to age. There is a country where the courtiers are known by the meanneſs of their ſhape.

Our fathers, leſs ſtrong than our grandfathers were,
Are ſucceeded by us who are weaker by far.

SECT.

Sect. 34.

If the education of the man of fashion was the same as the labourer's, if they increased his strength from his infancy, he would be better able on his entrance into the world to sustain the shocks he must try; but through a shameful abuse they begin to ruin his health the moment he sees the light: so there remains but little to make him effectually lose it, when there is an opportunity, and he is frequently exposed to infirmities, the consequence of a life of luxury and dissipation, of which the chief effects are generally a total loss of digestion, an universal disorder of the nerves, with all the concomitant maladies, obstructions, a sharp principle in the humours, and an habitual disposition to be feverish from these general effects, operating upon the different organs, many diseases proceed. I shall briefly mention the chief and most common.

Sect. 35.

The first, though not one of the most dangerous, but of the most inconvenient, is that sensibility

bility to every impreſſion of the atmoſphere which makes its leaſt ſenſible changes troubleſome. The weak man in the remoteſt part of his alcove imagines the north wind rages; want of ſleep, a general uneaſineſs, and univerſal anxiety ſeize him; while his huſbandman, who hath already been ſeveral hours in the open air, is at a loſs to gueſs what is the matter with him: fogs give him the vapours, rainy weather oppreſſes him, takes away his appetite, enervates and makes him miſerable; cold weather makes him cough, gives him the cholic, and cauſes him to ſpit blood. In women it occaſions the ſtranguary, renders them iraſcible, paſſionate, and irkſome to themſelves. We call to mind that the chancellor of *Chivernia* predicted to the preſident of *Thouſe*, that if the Duke of *Guiſe* provoked the ſpirit of *Henry* III. during the froſt, he would render him almoſt furious, and cauſe him to diſpatch him without the form of law.

M. Boyle hath preſerved the hiſtory of a lady of the court of London, whoſe ſenſations were ſo fine that ſhe could at firſt ſight judge if thoſe who came to her had paſſed through any

place where there had been any quantity of ſnow. In approaching her they cauſed her to ſuffer; her nerves were affected by the few nitrous particles with which their cloaths might be tinged, and which the heat of the room cauſes to evaporate and fly to any thing near. An obſervation which proves what the author of a very intereſting new work has attempted to eſtabliſh: that is, that the particles with which the air abounds in its different changes, greatly contribute to what valetudinarians ſuffer at thoſe various times.

Mental delicacy is ſometimes not leſs predominant, and I have often ſeen a man of wit and ſenſe but too ſuſceptible of ſuch ſenſations—who could not bear people to come near him whoſe countenances did not pleaſe him, without feeling himſelf remarkably uneaſy, which had a great influence on his pulſe.

Sect. 36.

The vapours is a diſeaſe too common among people of faſhion; they are in general the conſequence of ſome imperfection in the ſtomach or nerves, often of both: it is a diſorder the more grievous

grievous, as, beſides its violence, which is ſometimes exceſſive if it often happens, and the intervals between the fits are but ſhort, it renders the whole nervous ſyſtem ſo unfortunately delicate as to admit of hardly any relief: and in fine, after having endured it many years, if it ſhould be diſplaced, it expoſes them to diſorders more grievous than the moſt cruel vapours themſelves.

I have ſeen palſies, convulſions, aſthmas, pains in the ſtomach, and ſtrong dyſenteries proceed from exceſſive vapours.

Sect. 37.

A great tenderneſs in the eyes, pains in the bottom of the ball, an impoſſibility of opening them in the morning; a light gum on the eyelids, a too great facility in ſhedding; an inability to read long, or do any other trying buſineſs, are likewiſe the conſequences of that principle of heat and ſenſibility that are always found under various forms among thoſe perſons whoſe conſtitutions principally employ me, and are perhaps encreaſed by the great light of their chambers,

chambers, by the glaſſes and their reflections, and by the ſmoke of a number of wax lights,

SECT. 38.

Another effect leſs conſiderable in itſelf, if we are not attentive to it, but a ſource of evils by the uneaſineſs it gives, or by means of the remedies taken to get rid of it, are the pimples which come in the face.

They are cauſed by that ſharp principle in the humours, and that irregularity in perſpiration, which are the appendages of perſons of this claſs. It is this two-fold principle which likewiſe hatches thoſe multitudes of tetters, not only in the face but all over the body, which are more common with perſons in high life than others.

SECT. 39.

The itch, which is moſt commonly a contagious diſorder diſperſed by want of neatneſs, is frequent among the lower claſs of people and mechanics, but rarely found with the opulent: but tetters, leaſt known among the poor, whoſe blood is naturally ſweet, and who have the itch only

only by infection, are frequent with people of a higher claſs, but who carry in their blood, overloaded with ſharp humours, a principle of eruptive diſeaſes, always ready to manifeſt itſelf in different appearances, which ſometimes flies back from the ſkin to the internal organs: at other times it encroaches upon the internal organs without being firſt externally obvious, producing pains in the head, coughs, aſthmas, convulſions, reachings, cholics, diarrhæas, and a number of other diſeaſes, oftentimes badly treated, becauſe their real cauſes are not attended to.

The GOUT.

SECT. 40.

The ſharp gouty humour, the fruit of bad digeſtions, irregular perſpirations, and often of inflamed blood, is another of thoſe diſeaſes peculiar to ſuch as eat at the table of voluptuouſneſs, indulge in the pleaſures of love, give themſelves up to ſleep, inactivity, the paſſions, and

ſtrong

ſtrong contentions of ſpirit, and who are almoſt abſolutely unknown to the ruſtics.

Unhappily it paſſes from the parents who have deſerved it to their innocent offspring, and when it is once eſtabliſhed, it is difficult to eradicate.

When it is regular, from time to time it cauſes pains ſo intolerably accute, that we regret ever having done any thing to give them birth; but the greateſt evil of which it is productive, is when it cannot fix itſelf, or when it injures, in either caſe, by wandering in the maſs of humours, inflaming ſucceſſively different interior or exterior parts; it alternately produces pains, convulſions, palſies, anguiſh, fevers, cholics, obſtructions, the ſtone, ſwellings, continual uneaſineſs, an habitual weakneſs of the legs, a privation of ſelf enjoyment, and of all other pleaſures: We cannot indeed taſte any when we no longer enjoy that ſenſation of health, which is the firſt in itſelf, and the foundation of all other pleaſures.

Diſorders

Diſorders of the LUNGS.

SECT. 41.

The Lungs are thoſe organs which ſuffer the moſt from that ſharp and inflammatory diſpoſition of the maſs of blood. The humour which continually exhales from them, is the ſame as that which perſpires through the ſkin, the ſame acrimonious principle which is found in the latter, and occaſions the diſorders mentioned in Sect. 38, 39. inflames the interior membrane of the lungs, producing more grievous effects, becauſe their ſeat is in much more important organs. Here are engendered coughs, oppreſſions, aſthmas, and heats of the breaſt: If the external perſpiration happens to be ſtopt, and flows back upon the lungs, it is what is called a catarrh, or rheum, which equally attacks the interior parts of the noſtrils, the neck, and the break, and which often produces a real inflammation.

But of all the diſorders of which the kind of life I mention is productive in the lungs, one of the

the moſt common and moſt dangerous is, the tubercle; a name given to thoſe ſmall tumours, from the bigneſs of a pimple to that of a ſmall nut, more or leſs hard, which are produc'd in the lungs; at firſt ſmall, and few in number, but become larger and more numerous: Farther on I ſhall give their hiſtory, with ſome more account of them: It ſufficeth to ſay in this place, they are rare among the lower claſs of people, and one of the cauſes of ſhortneſs of breath in people of faſhion. Juicy viands, ſtrong wines, or ſpirituous liquors, and incontinency, are three cauſes, which never fail to produce them when the lungs are weak. We find ſhortneſs of breath in the peaſant as well as in people of faſhion; but in him it is the conſequence of the bad treatment of an inflammation in the breaſt, or of a catarrh too much neglected.

Diſorders of the STOMACH *and* BOWELS.

SECT. 42.

If we paſs to the organs which are contained in the breaſt, and thoſe encloſed in the lower belly,

belly, the ſtomach preſents itſelf firſt; whoſe functions are the moſt diſordered by that kind of life which characteriſes *good company*; loathing, irregular appetite, a mouth out of order, ſickneſs at heart, heart-burn, contraction or convulſions in the ſtomach, habitual reachings, thirſt, drought of the throat, are diſorders hardly known in the country, and which torment the citizen in proportion to his faſhionable pleaſures, his ſenſuality and luxury; while the huſbandman eating daily near the ſame quantity, the ſame kind of food, and at the ſame hours, never feels any diſorder at his ſtomach.

SECT. 43.

The organs of the inteſtines are, and muſt be, as much diſordered as thoſe of the ſtomach: a frequent uneaſineſs in the bowels, coſtiveneſs, dryneſs, continual windineſs, habitual cholics, and, above all, the bloody flux, diſorders as uncommon in the country as frequent in town, are the ſymptoms of which the perſons ſpoken of daily complain, and which conducts them by degrees to others more terrible.

OBSTUCTIONS.

SECT. 44.

The other moſt common diſorders are, ſtoppages in the different inteſtines; above all, of the liver, and meſentery, which neceſſarily lead to laſſitude, and particularly to the paſſions, which directly incommode the ſecretions; and above all, the gall, which ſtagnate in their channels, grow thick, and even become hard, ſtopping them intirely, and ſometimes become real ſtones, which are more frequently found in the veſſels of the gall than in the liver, cauſing thoſe tormenting bilous cholics, dependant on the difficulty which theſe ſtones have to paſs from the veſicle into the bowels by the choledoc canal, and which, if the principle is not deſtroyed, renders life extremely miſerable, cauſing a dangerous jaundice, and terminating in an incurable dropſy, which very much ſhortens exiſtence.

Of all the ſtoppages of the lower belly, that of the liver, and above all, that of its ſmall or

chief

chief lobe, are the moſt frequent: But it appears to me, that that of the pylories (the paſſage from the ſtomach to the inteſtines) and of the meſentery, are become more common than formerly, the natural conſequence of the encreaſe of diſorders in digeſtion. Nerves continually agitated, affect the order of circulation; and the frequent ſwellings of the inteſtines, by compreſſing the veſſels, and often forcing the humours to ſtagnate, produce the ſame effect.

Theſe ſtoppages, joined to the ſharpneſs of the humours, give birth to thoſe ſmall fevers which ſo often viſit delicate perſons, which ceaſe for a time, by dieting and light evacuations, and afterwards ceaſe no more, but inſenſibly deſtroy the patient.

The STONE.

SECT. 45.

The Stone in the bladder, is a diſeaſe rather peculiar to certain countries than certain orders of men, and I believe not more frequent among the rich than the poor, the gouty excepted, who

who are much leſs ſubject to the ſtone than to the gravel, by which they are tormented perhaps for ſeveral years, without its forming into large ſtones.

SECT. 46.

Theſe are the diſeaſes which commonly attack the different parts; but there is another ſtill more common, more peculiar to people of faſhion, more evidently the effect of their manners, their paſſions, their regimen, and their manner of living, which is the

Diſorders of the NERVES.

Bad digeſtions, the imperfect nutrition which attends them, inactivity which prejudices the ſecretions, are the cauſes that the matter of the animal ſpirits is not ſufficiently worked; watchings, irregular perſpiration, the ſharpneſs of thoſe aliments which turn ſour of themſelves, the functions of all the veſſels being badly executed, agitate them, the continual whirl of the paſſions confuſe them inceſſantly: It is therefore not at

all

all ſurprizing that their offices are not well performed, that their courſes are irregular, and that they give birth to that innumerable collection of diſorders, that vary in all their ſubjects, that vary from day to day in the ſame ſubject, and whoſe variations are undoubtedly not infinite, but certainly indefinite. To count them, we muſt aſſign the number of the different parts of the body which have nerves, and which are conſiderable enough, for their combination, to produce a ſenſible effect, and calculate of how many combinations the number is ſuſceptible; the number which reſults from the operation, is the poſſible number. I do not ſay of the diſeaſes of the nerves, which may be reduced to a ſmall number of claſſes, but of nervous ſymptoms: Thoſe claſſes are, the palſy, or the ceſſation of action, convulſions, or an action too ſtrong and laſting on the ſame part; mobility, or too great facility of paſſing from a violent action, to one which is weaker; or ſo ſtrong a ſenſibility, that the re-action of the nerves is always more than proportionate to the action of the impreſſion: It is the ſymptoms of this laſt claſs which are the moſt frequent, and which

renders

renders miſerable the lives of many men, at whom all ſneer, and who are only miſerable becauſe they find in their nerves an inſurmountable obſtacle to happineſs; the ſlighteſt impreſſion is to them a lively ſenſation; what their neighbours does not even perceive, ſtrongly affects them; that which is ſlightly diſagreeable to others, is to them exceſſively painful; with regard to their mind, whatever does not ſooth is excruciating; an unpleaſant idea gives them deſpair, and not being able to drive it away, it inceſſantly riſes on the mind, and renders them continually miſerable; whatever does not immediatly tend to make them happy, is a cauſe of ſorrow; by the ſame rule, all who are about them give them pain, and they give pain to all about them; true felicity flies from them, and their hopes ever to enjoy it are but ſmall; their wiſhes and deſires have the ſame inſtability as their nerves; the objects of their imagination, of their appetites, of their paſſions, vary ſometimes every minute; fearing every thing, enjoying nothing with tranquillity; their life paſſes in fears and deſires, without any quiet poſſeſſion; while the happy huſbandman

wiſhes

wiſhes for little, enjoys it quietly, and never fears any thing.

SECT. 47.

Beſides the diſeaſes of which I have ſpoken, and which may attack either ſex without diſtinction, the mode of life in queſtion renders ladies of faſhion more particularly ſubject to ſome, which are much leſs common in the country. I ſhall here mention only four, the irregularity of the terms, miſcarriages, the bad conſequences of miſcarriages, and the white evacuations.

Irregular TERMS.

SECT. 48.

That ſpecies of the green ſickneſs derived from the terms finding difficulty to eſtabliſh themſelves, is common enough in the country. We often ſee girls of eighteen or twenty years of age, who yet are without terms; there are natural reaſons peculiar to them: It is not the ſame with perſons who reſide in cities, and live a modiſh life, the courſes appear, and the young girls

girls are mature much ſooner than in the country, ſometimes much too ſoon; for thoſe early terms contribute oftentimes to weaken them for life, and afflict them with the ſeeds of all languiſhing diſorders, which are adduced from fibres too relaxed; the veins do not acquire the ſtrength they ought to have, and thereby the functions are never brought to perform their offices perfectly. But if with the country people the terms take place later, they operate more regularly; the uniformity of their lives eſtabliſh, in this reſpect, the beſt order, and that order contributes greatly to their health. It is not the ſame thing with ladies of faſhion, of whom many are ſubject to the moſt irregular menſes, and above all, of frequent ſtoppages without any apparent cauſe; ſometimes the ſuppreſſion continues for two or three months, ſometimes the returns are regular, but the quantity is ſenſibly diminiſhed. With others, on the contrary, the returns are too frequent, or the evacutions too copious; and all theſe caſes naturally proceed from the manner of living, and, above all, from the paſſions, always conducive

of

of uneaſineſs, laſſitude, faintneſs, pains in the head, and obſtructions.

Sect. 49.

Not only the menſes are more irregular with perſons in high life, but they find them more troubleſome; and it is common to find in young perſons of this claſs thoſe violent cholics which precede each appearance of the terms, and ſometimes turn to convulſions, which are rarely experienced by thoſe who reſide in the country, and to whom this period is not a time of faintneſs as with the others. We may therefore rank theſe menſtrual cholics among the diſeaſes of ladies of faſhion; they are likewiſe more expoſed to them, their mode of living ſubjecting them to obſtructions and diſorders of the nerves.

Miscarriages.

Sect. 50.

That weakneſs in the fibres of the uterus, which renders the evacuations ſo irregular, muſt neceſſarily conduce to miſcarriages, for two

reaſons; the firſt is, that the adherence of the after-birth is much weaker, becauſe the power of adheſion between ſimiliar bodies, is proportionate to their degree of denſity; the ſeparation is therefore much eaſier. The ſecond is, the approach of the blood, ſo very irregularly made, is ſometimes ſo conſiderable, that it produces an hemorrhage, of which a miſcarriage is almoſt always the conſequence—at other times it is ſo ſcarce that it is hardly ſufficient to nouriſh the child, who periſhes. Entanglements are of the ſame kind, and a ſeparation neceſſarily ſucceeds. We may add a third: the agitation of the nerves of women of faſhion, as I have ſaid, renders them ſuſceptable of fright; and frights are of all others the moſt frequent cauſes of abortion. We may perceive from this ſingle cauſe, how much more ſcarce it muſt be among the country people who fear nothing, than among ladies who fear every thing; which weakneſs hath occaſioned, and daily occaſions, many great families to be extinct.

Frequent miſcarriages greatly enfeeble women, becauſe they are generally accompanied by loſſes abundantly great, which exhauſt very much;

much; and what moſt to be lamented is, that the firſt often paves the way for a ſecond, and that again for a third. I have ſeen a woman who miſcarried twelve times at three months and never could go beyond that time.

The Conſequences of LABOURS.

SECT. 51.

If miſcarriages kill a great number of children in the moſt conſiderable houſes, bad labours kill many mothers, or at leaſt throw them into languiſhing diſorders, which greatly abridge their days, and make them barren after a firſt conception.

Theſe bad labours are commonly rendered ſo by a complication of a putrid fever, an inflammation of the uterus, over-flowing of the milk, and diſordered nerves, which are infinitely more rare in the country, where this concourſe of cauſes is not found, and where it is common to ſee women who have had a great number of children, without ever having been even obliged to take an ounce of manna: and if we read

many

many diſſertations concerning the health of women of faſhion, we ſhall too often perceive the origin of their complaints proceed from a miſcarriage or from a bad labour. Thoſe periods give a blow to their conſtitution which they cannot remedy.

SECT. 52.

Among the bad conſequences of frequent labours, we muſt reckon the ravages made by the overflowing of the milk, a diſorder formerly ſo uncommon, that it is ſcarcely mentioned by authors who wrote forty years ago; but it is ſo common in cities at preſent, that it is become one of the principle objects of thoſe, who ſince then, have treated of the diſorders incident to women. Without them we have nevertheleſs arrived at an explanation of its cauſes and phænomina in a ſatisfactory manner.

The change which pregnancy cauſes in the uterus, influences the whole machine, but principally the breaſts: they become tender, painful, ſwelled, hard with the milk; ſometimes in the firſt weeks of pregnancy, and at the end

of

of that period, it is uncommon if there is not a certain quantity.

The ſecond, moſt commonly the third, ſometimes only the ſeventh or eighth day, it comes in greater abundance: and this operation is ſufficiently troubleſome to occaſion a fever, ſometimes very violent; and which, complicating with other cauſes, may become dangerous. If the milk depoſited in the breaſts is drawn out as often as full, by the infant for whom nature deſigned it, it continues to abound, and nothing is to be feared from thoſe diſorders. It may flow during ſeveral years, and the only danger to which it expoſes any perſon is exhauſting them. The milk is formed of the chyle, and preſerves the greateſt part of what characterizes it; therefore the nouriſhment of the child is taken from that of the mother, and if ſhe has not an appetite while ſhe nouriſhes, ſhe muſt of neceſſity be exhauſted, which happens every day, and throws many women into a languid ſtate and a diſorder of the nerves.

But if the milk, which ſometimes appears to form in the veſſels before it is carried to the breaſts, is not forced out, or after it is, if it returns

returns to the maſs of humours, it operates like a ſtrange body, which is incapable of aſſimilating with the blood; it works like an inflammation, and ſometimes produces a violent fever; other times it is more moderate, but never entirely ceaſes, ſo that the blood cannot get rid of this humour with which it cannot be allied, and which appears agitated like a light acid injection.

SECT. 53.

We may range under three claſſes the effects of this kind of milk thus overflowed, where it remains in the veſſels, and whence it either evacuates by ſome natural ſtrainer or fixes itſelf upon ſome internal or external part.

When it remains in the veſſels it cauſes a continual fever, which becomes an hectic fever, commonly accompanied by a huſking cough, and a dryneſs of the ſkin, much greater than is generally found in other hectic fevers, deſtroying all the functions, and leading to death.

SECT. 54.

The ways by which the milk moſt commonly evacuates, are the uterus, ſtools and urine.

We

We often find that when the red menſes diminiſh they are replaced by thoſe which are white and abſolutely milky, which I mentioned before, Sect. 31. as one of the dangers; another more frequent is, if they leave black evacuations.

SECT. 55.

The ſecond way by which the milk retires is the inteſtines. There is no phyſicians or midwife, who has not frequently ſeen in labours, ſtools actually milky; ſometimes the milk ſeems in good condition, at other times a little diſordered.

I have ſeen ſeventy-ſeven ſtools in twenty-four hours, which appeared to be abſolutely nothing but milk, the whole of which might amount to twenty four or twenty-five pints; the odour which exhaled from them was exactly like that of ſour milk; the following days this large evacuation, which prodigiouſly weakened the patient, and would have killed her if it had continued with the ſame violence, very conſiderably diminiſhed, but remained nevertheleſs above

above ſix weeks; and I have ſeen them often when leſs copious, continue much longer.

Sect. 56.

The urine is a third way by which the milk evacuates oftentimes too abundantly: I have ſeen women who have continued it from time to time by this means, above ſix months after their labour, and it is this way which weakens them the leaſt and is the leaſt dangerous.

Sect. 57.

It is more uncommon for the milk to evacuate by reaching than by ſtools: I have, nevertheleſs, ſometimes known them come by this means; and twice theſe pukings were the ſalutary criſis which drew the patient from the gates of death.

Sect. 58.

The milk does not perſpire under its natural form as it comes from the uterus with ſtools, urine, and vomits; but ſweating is nevertheleſs one of thoſe evacuations by which it is frequently

quently diſſipated; at firſt, it is certain a copious evacuation, at the end of a milk fever, is what may ſhelter the perſon afflicted, from the ravages cauſed by the milk, more than any thing elſe; and this ſweat, which comes on the firſt day of the labour, ſenſibly diminiſhes the fever, ſo far indeed, that it partly removes the cauſe: the truth of which, the ſmell and ſituation of the ſheets will not permit us to doubt; they often acquire, in drying, a redneſs, which evidently proves that it is imbibed from a thicker humour than the ſimple common ſweat.

SECT. 59.

Sometimes the milk is carried back to the breaſts, which is the moſt favourable criſis. I have ſeen them full in about ſeven weeks, plentifully flowing, and all the accidents which the unhealthy feel are thereby diſſipated. In the courſe of ſeveral months they become well of themſelves; and I have under my care, women in whom this alternate flowing of the milk, to and from the breaſts, and this languor, is maintained during a long time.

SECT. 60.

After theſe firſt periods of the labour are paſt, it ſometimes happens that when they have begun to diminiſh this hectic milk fever, of which I ſpoke in ſect. 54. (which is attended with ſo great a dryneſs) the ſkin moiſtens a little, and afterwards permits a ſufficient perſpiration, which is a favourable criſis, but never complete, and to whoſe aſſiſtance other aids muſt be called.

SECT. 61.

Sometimes nature tries this criſis and it does not operate, but only carries the milk to the ſkin, which occaſions thoſe diſorders called milky eruptions, that are diſguiſed under different forms, and fix in different parts; ſometimes like boils, which continually ſucceed each other, and other times like whitlows, which are a ſpecies of boils; ſometimes like tetters or the itch, and other times like runnings more or leſs copious, watery, or purulent; and many other diſorders which, whatever form they take,

are

are often of very long continuance if not properly treated at firſt.

The diſorder ſometimes ſeems to ſleep, the patient believes it cured, but at the end of a few weeks it appears again with additional vigour. I was conſulted by a woman, who in the ſpace of three years had loſt, after ſeveral renewals, many nails, and ſometimes from the ſame finger with a great deal of pain; in calculating ſhe found that ſhe had loſt and renewed twenty-three.

Sect. 62.

The third termination of the effuſive milk, is what they properly call ſtagnated milk, which M. *Puzoz*, to whom we owe an excellent French work concerning labours, firſt mentioned, with a juſt attention, and in the moſt ſatisfactory manner, the veſſels continually inflamed by the milk, which ſeeks to diſengage itſelf, as when it is infected by gouty humours, the ſmall-pox, the meaſles, the plague, &c. When the evacuation cannot be made by means of thoſe ſtrainers, of which I have ſpoken in the preceeding ſections,

ſections, will depoſit itſelf ſomewhere. As it often happens in an agueiſh fever, nature depoſits the inflammed humour on ſome organ; and this depoſition is good or bad according to the importance of the part on which it is made.

It is the ſame with ſtagnated milk. We have ſeen that if this effuſion of milk does not ſeparate from the maſs of humours, it cauſes a fever which conduces to death; but if it depoſits itſelf upon ſome eſſential organ, ſuch as the brains or the lungs, as it ſometimes happens in the firſt ten or twelve days of the lying-in, the diſorder periſhes immediately. After that period it ſeldom fixes upon thoſe organs. It then fixes either in ſome part of the lower belly, and principally the bladder, or outwardly, and oftener upon the nether extremities than elſewhere. I have ſeen it fix itſelf upon the myſentery, upon the oviary, frequently at the bend of the thigh, ſometimes at its junctions, in the intervals of the muſcles of the thigh themſelves, which I have ſeen three times bigger than their common ſize, attended with acute pains upon the legs, upon the fat which ſurrounds the breaſt, on the arms, &c.

SECT.

SECT. 63.

At the commencement of theſe lodgements or fixtures, the invitation being leſs general, the diſorder ſeems rather favourable, and the fever abates; but the obſtruction ſoon cauſes pains more or leſs acute, ſometimes atrocious, the collected matter not being complete, or a part thereof repaſſing into the maſs of the blood, again produces a fever to the full as ſtrong, and often attended with more dangerous ſymptoms than the firſt, and the patient falls into that ſtate which the moſt afflicting pains occaſion. The tumour cauſes the functions to operate improperly, the nervous ſyſtem is diſordered, the fever, and the new lodgement of a part of the refluxing humours carried to different parts, cauſe the moſt alarming ſymptoms, and often the moſt uncommon, of which hiſtory preſents a large detail, which does not belong to a work not deſigned for phyſicians, and of which the only end is to make known to the afflicted the diſorders to which their manner of living expoſes them.

SECT.

Sect. 64.

Thoſe which I deſcribe, the irregularity of the menſes, the effects of bad labours, the overflowing of the mik, diſorders as common among people of faſhion as rare in the country, are evidently derived from thoſe irregular ſecretions which we find are the effects of their manner of living; in that acrimonious principle and inflammatory diſpoſition, which always exiſts in their blood, in that maſs of hot ſubſtances which continually burns their entrails, in that modification of the nervous ſyſtem which is always ready to incommode the functions and evacuations; and finally, in that continual fluctuation of the ſoul, which inceſſantly alters the ſtate of the body, are the cauſes which often render thoſe acute diſorders of perſons of this claſs ſo irregular, complicated, difficult, and permanent.

Sect. 65.

The white evacuations are another diſorder unknown to the peaſant, but very common to women

women of rank: their varieties, their numerous effects, and their different cauſes, does not come within my plan; I ſhall therefore confine myſelf to three general obſervations; one is, the almoſt continual lowneſs of ſpirits, weakneſs, melancholy diſpoſition, frequent ſenſation of anguiſh at the pit of the ſtomach, weight and weakneſs at the reins, loathing, paleneſs, leanneſs, and eyes caſt down, are the common ſymptoms of this diſorder. The next is, that it may be dependant on the moſt oppoſite cauſes; that if it continues for any long time, it entirely ruins the health, and commonly conduces to all the diſorders of the nerves. In fine, if not timely remedied, it becomes very difficult to eradicate it. The third is, that of all the diſorders mentioned, it is this which is the moſt certain and moſt conſtant effect of that inflaming and cuſtomary mode of life, of which I have ſo often made the dangers known.

ARTICLE IX.

REMEDIES.

SECT. 66.

A weak conſtitution, deſtructive of happineſs, which renders life miſerable, and ſhortens its duration, which makes all uneaſy who are about us, deſtroys population, and infects the riſing generation with the ſeeds of languor and diſeaſes; is undoubtedly an object worthy the attention of phyſicians; but ſuch attention ſolely will be found very inefficacious; it is not certain receipts which can remove the evil, but the concurrence of the patient is here of the utmoſt neceſſity; he muſt be ſenſible of his ſituation, and willing to be cured, and his will muſt be ſufficiently ſtrong to determine him to renounce the cauſes of his diſorder, by changing his mode of life; but that the propoſition may

may not alarm, and ſhock too much, I do not pretend to propoſe an impoſſible remedy, which would certainly be ridiculous.

I do not invite any to exiſt like the ſavages, who, for the generality, deliver themſelves up to an indolent ſtupidity, and ſcarce ever leave home, but to ſeek proviſions or ſatisfy reſentment; living the carnivorous life of brutes, rather than of reaſonable beings; and are far from reſembling thoſe imaginary portraits drawn by romantic, and perhaps miſanthropical travellers; and intended rather to humble the civilized, than exalt the ſavage. Or they perhaps thought to acquire a greater degree of importance, by raiſing the merits of thoſe by whoſe means they exiſted, or finally, who miſtook for a national character, ſome peculiar beauties which could prove nothing in favour of the generality.

Neither do I mean to call the polite to the life of a labourer, though I believe the labourer is happier in that life than the man of faſhion in his mode of living. But two very inchanting claſſes of pleaſure, thoſe which have their ſource in imagination, and ſentimental exerciſes, are almoſt loſt to him, which powerfully concur to

encreaſe the felicity of the man who enjoys them. If therefore, the man of faſhion, who can procure them, is leſs happy than the villager, it is his own fault; for naturally he muſt have the advantage. But he is ſo unlucky, that he deſtroys the edifice of his faſhionable pleaſures, which is become the foundation of his pains.

SECT. 67.

The firſt change which we can propoſe for the amendment of his conſtitution, ſhould therefore be an attention to thoſe two claſſes of enjoyment which are in his power, and which ought to be the objects of ſuch as have the care of his education; the great end of which is to make known to man the true ſources of his happineſs, and the ways conducive to it.

Great abilities, great riches, agreeable ſociety, the charms of wit, and ſplendor, in the natural order of things, are found with the beſt educated. But talents, convivial joys, and ſhining charms, are all deſtroyed by a bad ſtate of health.

" All he may claim, and boaſt the art to pleaſe,
" But nought enjoys, while tortur'd by diſeaſe."

M. de VOLTAIRE.

Reaſon

Reaſon itſelf is often rendered uſeleſs by a bad conſtitution.

Oh! ſay, can reaſon rule a weakly frame,
And the wild fury of diſorder tame;
Reaſon is like, thus aiming to control,
A ſkilful driver on his chariot's pole,
Who drives a craz'd machine, without a brace,
Or wheel, to aid him in his lagging pace:
Or like a pilot, who a veſſel guides
Without a rudder, through the foaming tides;
For in affliction fancy cannot roam,
But chain'd by ſickneſs, is confin'd to home.

Epiſtle to MONTULE.

Nerves continually agitated by humours, which are always irritative, by diſordering the harmony of the organs, and invigorating the body, murder the mental faculties; which are ſo much dependant on the ſituation of thoſe things that ſurround them, that whatever diſorders the œconomy of the one, abſolutely prejudices the the mode of thinking in the other.

"That bright'ning ray by God himſelf beſtowd,
"Blends with our ſenſes, and like them grows weak."

And

And this obſervation, confirmed by the experience of ages, gives to all the ſalutary law of being carefully awake to the preſervation of health; but this law acquires a greater degree of ſtrength, in proportion as we fill up a more neceſſary code, which is, or which we believe to be of more importance.

SECT. 68.

Another change upon which we muſt of neceſſity confine ourſelves to a general definition, or enter into an endleſs detail, is to take away entirely, thoſe things which ſhorten exiſtence, without, in the leaſt, encreaſing happineſs; to know preciſely the pleaſures of faſhion, and fallacious cuſtom; and to diſtinguiſh them from thoſe pleaſures which are real; not to riſk being always ſubjected to actual inconveniencies, in order, for a moment, to avoid theſe which are triffling; and finally, to learn to reckon, and ballance thoſe imaginary pleaſures which bear the name without being ſo, and in the flurry of which we cannot help yawning out, "its very "amuſing." Pleaſure enters into the eternal order of things, it exiſts invariably; to form it, there

there muſt be certain connective conditions in the object who enjoys, and him who beſtows: thoſe conditions are not arbitrary, nature hath pointed them out, the imagination diſorders though it cannot create them, and the moſt ſenſual libertine cannot ſucceed better in augmenting his enjoyments, than by renouncing them to ſuch as do not carry this mark of nature.

SECT. 69.

I do not propoſe to a man who dwells in the middle of a city, (and if cities are evils, there can be no concluſion drawn) who has too long a journey to make, to breathe the air of the country, who knows not how to employ himſelf there. Such a journey would take up the whole day; but I would perſuade him, that the open air is not ſo hurtful to him, as to oblige him to go out in a gently moving, and cloſely ſhut houſe. I would not have him believe that the pavement will wound his feet, that the common jolting of a carriage will do him a deal of harm, and that by going ſo very ſoftly, he deprives himſelf of the only motion which the neceſſity of purſuing pleaſure affords him.

First,

Firſt, in renouncing air and exerciſe, he ruins his health; but what is more, by ſeeking to diſpenſe with whatever does not agreeably impreſs him, he gains nothing; for by that means, his ſenſibility continually encreaſes; the ſlighteſt impreſſions augment their relatives; and now, have at laſt, as diſagreeable an effect as the ſtrongeſt had before; he begins to dread every thing, though he cannot avoid all; hence he becomes a pitious ſpectacle. Little cauſes much ſooner affect a delicate conſtitution, than great ones do a ſtrong: the more we aim to avoid the impreſſion of thoſe agents with which nature hath ſurrounded us, and to whoſe agency ſhe hath thought proper to expoſe us, becauſe neceſſary to our conſtitution, the more we are incommoded thereby. The Sybarites drove the cocks from their town, for preventing them from ſleeping, and then the leaf of a roſe would wake them. When we cannot taſte a momentary oblivion in bed, we can no longer ſerenely ſlumber in an alcove: and he who avoids the open air, and dares not leave his chamber when the north wind blows, will ſoon find his bed itſelf uneaſy, and will be offended even at his

his friend, who, in opening the door, cauſes a frozen current to aſſault his legs. It has been ſaid with juſtice, that "Effeminacy encreaſesitſelf; when to-day we imagine we "are incommoded by that which incommodes no body, we ſhall to-morrow be incommoded by that which to-day is no inconveniency; at laſt we ſhall find none but painful ſituations; the new precautions we impoſe are new afflictions prepared, and we are "always miſerable, becauſe, while wiſhing has "no end, happineſs has no beginning."

Sect. 70.

I do not think it neceſſary to go to bed with the ſun in order to do well: I would not have ſociety conclude, that the moment the convivial perſon occupied during the day, has leiſure to begin to enjoy it. He ſhould not.—We may without danger keep awake ſome of thoſe hours which the huſbandman, fatigued with hard labour, ſleeps away. But I would not have the man of faſhion think that he cannot be happy without breaking through the order of nature, and turning night into

into day; that he will not think it beneath him to allow the ſame luminary to light him which lights the univerſe; that he will not imagine that no pleaſures are awake to him but when the reſt of the world ſleeps; that he will not chuſe for his favourite hours that which the ruffian, who deſires to be unknown, chuſes; or like the ferocious brute, who attacks his prey in the darkeſt ſhades. Pleaſure is of all hours, and it is not neceſſary to his amuſement that the ſun ſhould have finiſhed his journey: to think, or appear to think otherwiſe, is to be diſtinguiſhed by a littleneſs of thought. Pleaſure is much more agreeable, and we enjoy it longer, when taken in thoſe hours which detriment health the leaſt; and it cannot be too much inſiſted on, that it is not equal to ſtay up late in order to riſe late; ſuch habit deprives us of the enjoyment of the pure air, and reduces us to the neceſſity of breathing the ſmothered air of a chamber, during the greateſt part of the day, and confines us at night to inhale the air of rooms, crowded with people, and full of lights, which is neceſſarily unhealthy. Without

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ſtriking at the exiſtence of pleaſures, let us only time them properly, and walk in the path deſigned by nature, and we ſhall certainly be gainers.

SECT. 71.

I would not reduce the opulent to live upon brown bread, lettuce, and cabbages; ſuch food requires organs fortified by exerciſe and open air. The town air, much thicker than that of the country, renders the appetite leſs craving, and is of leſs ſervice to digeſtion. It cauſes a neceſſity for lighter and more ſavoury foods than that which ſatisfies the hardy workman. The inactivity of the rich does not permit them to live upon bacon, beans, and peaſe: ſuch viands would corrode in the ſtomach, and occaſion many diſorders. I would not therefore wiſh to reſtrain them to the ſame regimen as men whoſe mode of life is ſo different. It is neceſſary there ſhould be a ſpecific difference in their food: but between the groſs aliments of the labourer, and the heating foods, and ſauces of the opulent, a juſt mean compatible with health may be preſerved, and unite lightneſs, delicacy,

and an agreeable reliſh. Here we may again mention the obſervation before made, relative to the air, that is, the more we purſue exquiſite ſenſations, the farther we are from attaining our end; the organs become hard to pleaſe by frequent uſe. Simplicity alone can aſſure a conſtant taſte of pleaſure. The water-drinker always reliſhes it; he who drinks the moſt delicious wines will always deſire new ones. The organs always inflamed by foods and ſharp liquids, become callous, the ſenſations grow dull; thence comes the indifference for every thing which is not delicious, or uncommon; thence arrives the neceſſity of nouriſhing with meats and drinks that are hurtful, and ſometimes in the end an impoſſibility of nouriſhing; for the conſequence of this mode of life is often a total loathing, from which a more ſimple manner of living is a ſecurity, a manner of living which may even impoſe upon the moſt voluptuous: the whole depends on calculation. I have ſaid we do not calculate enough. In conſidering the matter a little more, we ſhould all encreaſe the ſum of our happy moments, and ſociety in general be the gainers.

SECT.

SECT. 72.

The danger of the paſſions has been diſplayed: I ſhall not here mention the practical part of that article, which is no longer in my province; the politician may uſe, and the moraliſt correct, but the phyſician is confined to obſerve only their influence upon health, and to reform the pernicious effects. Unhappily this is very difficult; above all, as long as the cauſe ſubſiſts, we cannot extinguiſh a fire in the midſt of a ſtorm; we cannot ſecure a ſhip in agitated waters; nor can the abilities of the pilot prevent its breaking from its anchors: but a conflagration is leſs violent, if there are leſs bituminous and dry materials; the tempeſt is leſs to be dreaded if the body of the ſhip is firm and well conſtructed. It is the ſame with man, whoſe ſituation is ſuch as renders him liable to be agitated by paſſions.

If ſuch a ſituation is neceſſary to exiſt, he is much leſs affected, if his conſtitution is firm and robuſt, his fibres ſtrong, his humours ſweet, and his nerves in good order. The paſſions are

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ſtill leſs detrimental to him, whoſe regimen is regular: he ſhall farther find himſelf in the ſame predicament, and be much leſs affected by his paſſions, becauſe the paſſions are only a lively ſenſation, and the vivacity of the affections depends on the ſenſibility of the nervous ſyſtem. Him in whom this ſenſibility is diſordered, is too much affected by trifles. That which would be only an ordinary or indifferent event if it was regular, ſeems to him conſiderable and alarming.

SECT. 73.

The man deſtined to paſs his days in the heart of large towns or cities, and employed in affairs of importance, cannot move about ſo much as him who reſides in the country. He frequently finds that his ſedentary manner of living is detrimental to him, and perceives the danger without the power to ſhun it—he is more to be pitied than blamed. But it baffles comprehenſion, to find that many people, entirely diſengaged, whoſe lazineſs alone is blameable, whoſe only buſineſs is diſſipation, and who cannot be ignorant of the advantages and neceſſity

of

of exerciſe, are arrived to ſuch a degree of indolence, that they not only renounce, but fear it; and by that means, deprive themſelves of the moſt agreeable and ſure way of diminiſhing the danger of many ills which their conduct produces: It is the moſt certain preſerver of health and ſtrength: and all perſons who have time to employ themſelves as they pleaſe, ſhould lay it down as a rule, to exerciſe themſelves every day, at leaſt two hours, in walking or riding, in a coach, or on horſeback, which is the moſt ſalutary. It were to be wiſhed that young ladies in polite life were taught to ride, and that an academy in every large town was appropriated to inſtruct them in that art, the ſame as the men. Not only their health, but their external charms would thereby receive advantage.

Sect. 74.

Diſorders of the ſecretions depend on the other errors of the regimen. They operate more perfectly in proportion as fewer of theſe errors are committed, as a purer air is breathed, as the aliments are wholſomer, as the exerciſe is more, as the ſleep is better, and as the paſſions have

leſs

leſs influence. The regularity of the evacuations is conſequently re-eſtabliſhed, their route is the barometer of health, and order ſucceeds irregularity. I have therefore nothing more in particular to ſay; and, after theſe general obſervations on the mode of life beſt calculated to ſecure health, I ſhall proceed to thoſe methods which ſeem the moſt probable to re-eſtabliſh it when diſordered.

ARTI-

ARTICLE X.

General METHODS *of* CURE *for the principal Diſorders.*

SECT. 75.

THAT delicate habit, before defined, being the ſource of diſorders among people of faſhion, and common to moſt, ſhould be the firſt object of conſideration to phyſicians. They would be leſs ſubject to diſeaſes, if they could get rid of that facility with which they receive every impreſſion, which is the characteriſtick of that delicacy: to conſider which, is at preſent an object of importance.

SECT. 76.

It principally depends on three cauſes already mentioned, a weak fibre, a too great nervous

vous ſenſibility, and a perſpiration too ſuſceptible of change. And as it frequently happens that the two laſt are the conſequences of the firſt, the beſt method of treating it is to ſtrengthen the fibres. I only ſpeak of caſes in which delicacy is the principal object, and not the effects of a languiſhing deſire, which, when of long duration, produces the ſame effects.

SECT. 77.

As the ſeed of this delicacy ſometimes exiſts from the birth, it ſhould be the care of education to eradicate it: the facts which this article would ſupply might fill a volume. They ſhall here be reduced to a few general rules, which are the ſame as found in many treatiſes on this ſubject, but which it may be neceſſary now and then to call to mind. As the ancients are not ſo frequently read, the advantage of modern works, which do not contain a ſingle idea that is new, is to place before us uſeful truths that have been forgotten.

SECT. 78.

The methods that experience hath taught us are proper to ſtrengthen children, who appear

appear to have been born weak, are the following:

1. They ſhould have a healthy nurſe, with a good breaſt of milk, that the milk itſelf may be ſufficient nouriſhment for a year at leaſt. When that is not practicable, and there is a neceſſity of uſing other nutriment, it ſhould be given with an equal quantity of milk, which undoubtedly is the moſt proper aliment to give ſtrength and perfect health to the moſt delicate infant.

2. While the child is fed from the breaſt it may be allowed to take as much as it will, or as it can have; but with reſpect to other food, moderation muſt be uſed, that a habit of overgorging may not be contracted. A good digeſtion is indiſpenſibly neceſſary to communicate ſtrength, and the only ſtrengthening remedies are ſuch as eſtabliſh it: but after all, in a delicate child it never can be perfect without an abſtemious regimen, to which too much attention cannot be paid; which if known, or properly noticed by thoſe who have the care of children's education, they would ſoon be convinced of its good effects. To which end let

them but compare the eaſe, activity, vivacity, ſpirits, ſtrength, and ſweet ſleep, enjoyed after a moderate meal, with the anxiety, dullneſs, laſſitude, ill-humour, weakneſs, and troubled ſlumbers that follow repletion, and it will be eaſy to conjecture what effect a repetition of the latter courſe muſt have on the health. But what is ſtill worſe, is its equally affecting the mental faculties: in the uneaſy ſituation which an overloaded ſtomach occaſions, the faculties are clouded, they comprehend badly, and operate indifferently, devoid of retention, incapable of application; they dread and diſreliſh ſtudy, the nerves diſagreeably affected are incapable of receiving ſoft impreſſions; all ſeems painful, all agitates, the affections grow callous, the ſoul is ſhut to virtue, and the heart to tender ſenſations, which join with eaſe, and rapidly breed in the healthy and abſtemious child, who is diſpoſed to receive every ſentiment which precludes happineſs.

3. There is not leſs attention to be paid to the quality than quantity of aliments.

Cow's milk, when not inclined to obſtruct or bind too much, is one of the beſt; it has, nevertheleſs,

vertheleſs, an inconveniency, but it is eaſy to prevent it; that is, when the child lives too long upon it without any other food, it often continues in the bowels, for ſeveral years, a kind of relaxation and weakneſs.

Grain, above all rice, wheat, maize freſh ground, pulſe, principally all tender and delicate roots, panada made with hard-baked bread, a little ſuccory, porridge or broth, are next to milk the moſt nouriſhing things: they may likewiſe now and then have new laid eggs boiled very ſoft, and ſometimes a little chocolate mixed with their milk at the age of four or five, but ſeldom before: they may be allowed to dine upon meat which is tender, but not to ſup, for ſuppers ſhould always be light: too much bread is detrimental to the delicate, whoſe ſtomachs are weak, and who are ſubject to the heart-burn, but is otherwiſe neceſſary to thoſe who eat a great deal of meat, being a corrective; but ſuch as live moſtly on vegetable diet, have much leſs occaſion for it.

4. They ſhould be prevented from eating paſtry, things oily or high ſeaſoned, ſauces and hot meats, which deſtroy the ſtomach, ſtrength,

and

and nerves; let them have but little or no acids, and never wine, though it appears to give ſtrength, as it hurts digeſtion. In time it muſt certainly diminiſh it: and it is a known remark in all countries, that water drinkers are more vigorous, healthy, ſprightly, and long lived, than thoſe who drink wine: the difference is very viſible in children, among thoſe to whom it is given, and thoſe who are denied it; the laſt of whom, at preſent (at leaſt with us) are by much the greater number. I have ſeen ſeveral who were weak, ſmall, languid, ill, melancholy and ſleepleſs, recovered without any other aſſiſtance than the retrenchment of wine, coffee, and tea. There is but one weakneſs, little underſtood, and very dangerous, which can maintain the prejudice in this particular, that a total privation of what is not contracted into a habit is unneceſſary, and, if diſcontinued a few days, not hurtful, though in itſelf inveterate: others think themſelves indemnified for the loſs of health by the agreeable flavour, and temporary ſpirits beſtowed. Unhappily the malady does not always obviouſly manifeſt itſelf after each error, which occaſions admonition to be ſo often

often diſregarded. Sometimes the inflammatory things themſelves ſeem for a while to be beneficial; but the pernicious blow follows with the greater violence. I have ſeen children born weakly, or who afterwards became ſo in a few months, by means of an improper regimen, to whom were given, by advice, meat, ſtrong ſoups, gravy, a great deal of chocolate, and Spaniſh wine itſelf, encreaſe in growth, beauty, and ſtrength for ſome time, and afterwards, all at once, at about four or ſix years of age, fall into a violent diſorder, which carried them off in a few days, or into a rapid decline, which put an end to their lives in a few weeks.

5. They ſhould never be bound up or ſwaddled without diſcuſſing the numberleſs reaſons on which this advice is founded: let mothers compare a child who has not been bound tight and one who has, or the ſame child in its tight dreſs and out of it.

6. They ſhould be waſhed or bathed in cold water; this of itſelf is of great efficacy, and without which we cannot promiſe ourſelves to be completely ſucceſsful. But as directions with reſpect to this head, are to be found in many works,

works, I ſhall not at preſent recapitulate them. It is alſo of great ſervice to rub their bodies frequently all over, but more particularly the back bone, morning and evening, with a piece of dry flannel.

y. The choice of air is another moſt important article; but I ſhall confine myſelf to ſet forth its neceſſity without reciting the particulars which ſhould direct us in its choice. It may be objected that every one cannot do it, which muſt certainly be allowed; but it muſt be underſtood, that reference is here only made to weak children: and ſuch perſons who are more particularly the objects of this work, are generally in a ſituation which enables them not to neglect any thing in the education of their offſpring. After having choſen a proper place of reſidence, it muſt be quitted as much as poſſible for the open air. Within doors cold rooms ſhould be habitually preferred to hot, and the children thinly cloathed and well exerciſed; firſt let them tumble about upon a large bed, afterwards upon the boards, then upon graſs or gravel, and when they can go alone, let them walk and run about as much as poſſible.

8. We muſt not exact too great an application from a feeble child; the action of the nerves is almoſt entirely loſt on the body; and as it is neceſſary to encreaſe the ſtrength, compulſion to a delicate child muſt be the way to deſtroy his health, and to throw him into every nervous diſorder.

9. They muſt have as much liberty as poſſible, conſtraint intimidates and ſcares them, deſtroying their ſtrength and vigour. A celebrated Daniſh phyſician, to whom we owe a curious treatiſe on the cauſe of the difference between the Germans of Cæſar's time, and thoſe of the ſixteenth century, reckons conſtraint among the firſt cauſes of the weakneſs of the latter.

SECT. 79.

When we treat of a mature perſon paſt growth, we muſt employ remedies appropriated to their years. I have ſeen by temperance, abſtinence from ſauces, wines, and ſtrong liquors, exerciſe and good air, the moſt delicate acquire ſtrength, and loſe thoſe ſenſations which rendered them ſo unhappy.

SECT.

SECT. 80.

After theſe obſervations on the prevention and cure of too delicate a conſtitution, I ſhall proceed to the different methods of curing its different diſorders; their cauſes, as before mentioned, being imperfect digeſtion, weak nerves, obſtructions in the veſſels, irregular perſpiration, and an inflammation in the humours. Such a ſituation preſents theſe hints, viz.

1. To mend digeſtion.

2. To quiet the agitation of the nerves.

3. To diminiſh the feveriſh inclination by diminiſhing the ſharpneſs of the humours, and to facilitate perſpiration, the obſtructing of which cauſes thoſe ſlow, and ſometimes inflammatory fevers, which finally conduce to the moſt malignant diſorders of the breaſt.

SECT. 81.

With regard to the firſt particular, an opportunity to aſſiſt the ſtomach appears daily, but nothing is more frequently miſtaken than the means. Various cauſes impede digeſtion, and

ſometimes

ſometimes they are diametrically oppoſite. It is, nevertheleſs, only by attacking the cauſe that we can effect a cure, when unhappily we think of nothing elſe but the cure. It is certain that the ſtomach which cannot digeſt, muſt be weak, and to re-eſtabliſh its tone it muſt be ſtrengthened; for this reaſon are taken multitudes of hot medicines, inflaming powders, aromatic opiates, bitter draughts, burning elixirs, drying pills, and a variety of other drugs equally puffed and pernicious, and only of ſervice in caſes where there is too great a relaxation in the fibres, ſtomach, and bowels—Inſipidity in the bile, too much water in the liquids, ſeparated by the gaſtric and internal glands. But very often the diſorders of the ſtomach depend on very oppoſite cauſes: the ſpittle and ſtomachic juices being too thick and inſufficient, the fibres ſtiff and inflamed by dreams; melancholy wearineſs, more common in people of rank than others; aliments, ſharp liquids, bilious inflammation and over-charged liver; more commonly occaſion bad digeſtions and diſorders of the ſtomach, than the weakneſs and laſſitude in thoſe veſſels. This gives the reaſon why thoſe

diſorders very often cannot be cured without a renunciation of ſuch foods, drying regimen, chocolate, eggs, ſauces, and hot drinks to live upon; innocent meats, pulſe, fruits, a little milk, barley, ptiſan, lemonade, chicken broth, and clear water: and in trying the efficacy of glyſters, the frequent uſe of which is condemned by ſome phyſicians with too much ſeverity, for they are ſuperior to any other remedy when a variety of circumſtances concur to cauſe dryneſs, heat, or even an inflammation in the bowels. At other times theſe diſorders require purging oftener than imagined, bleeding, and frequently baths luke-warm, which powerfully re-eſtabliſh appetite and digeſtion, when the cauſe of the diſorder is a hot acrimonious, dry, or inflamed principle, which is not uncommon. But they muſt go into a common bath, for a bathing tub ſhould be proſcribed, in which the body is in pain; for what compreſſes the veſſels muſt be hurtful if often repeated.

SECT. 82.

Nervous diſorders, that diſpoſition to be too eaſily affected and ſuſceptible of irregular and painful

painful emotions, is one of the moſt cruel ſcourges to people of rank that has been advanced, or which moſt commonly occurs, and which, till now, has been peculiarly unhappy in a miſtaken treatment, becauſe their origin had not been ſufficiently inveſtigated: its different ſpecies, which required very different remedies, was left unexamined. This branch of phyſic is at preſent too much confined to hypotheſis, and that little can be of ſmall uſe to the afflicted, or at leaſt to thoſe of faſhion.

Many eminent phyſicians, regarding all diſorders of the nerves as the conſequences of relaxed fibres, and weak digeſtions, would effect a cure by means of remedies which are hot, and ſtrengthened by gums, ſteel, bitters, camphire, caſtor, muſk, ſpirituous tinctures, opium, &c. which is an error ſimilar to the following, in ſpeaking of indigeſtion and ſtomachic remedies. In attributing all nervous complaints to one cauſe, they have propoſed but one kind of remedy, which unhappily has no better ſucceſs than in complaints of the ſtomach. Nerves inflamed by the immoderate uſe of aromatics, are not relieved by uſing aſſafœtida; a ſharper

medicine

medicine than the moſt piquant aromatics; thoſe who are dried up by the abuſe of Barbadoe's water and Maraſquin, will not find aſſiſtance by drinking great quantities of tincture of Gentium, of Valerian, or of Caſtor; but thoſe remedies ſo hurtful in theſe caſes, are very beneficial in caſes where a weak fibre or poor and watery blood are the true cauſes of the complaint, and they often remove it.

Sect. 83.

Another claſs of phyſicians, in which we may enumerate ſome juſtly celebrated names, have adopted a principle broached by the moſt ancient phyſicians, and formerly refuted by *Galen*, that the nerves vibrate like ſtrings, that all hyſteric, hypochondriac and convulſive diſorders depend on the exceſs of their tenſion, that they cannot be cured but by relaxation; that by the ſame rule all the aliments and drinks which are not inſipid are hurtful, and that the beſt and only good remedies are baths, cold or luke-warm, frequent and almoſt frightful quantities of drinks purely aqueous. This method is excellent, when the ſharpneſs of the humours, the

the dryneſs of the fibres, the inflammation of the blood, the heat and thickneſs of the bile are predominant, and may have, and has had, the moſt happy ſucceſs, and has been uſed by my friend Mr. *Pome*, who with great adroitneſs hath affected the moſt admirable cures. But in all caſes this is not the reſourſe, but an abſolute contraſt to the remedy.

SECT. 84.

The tonic and relaxing methods have their uſes; phyſicians, who confine themſelves to one only, deprive ſome of their patients of the moſt beneficial remedy; the manner of employing each ſhould be underſtood, and often in a very different manner; if ſucceſs is deſired in ſuch caſes as admit a cure, a method is not the leſs eſtimable becauſe it is the moſt favourite method of a colleague.

SECT. 85.

There is but one article in which the partiſans of the two ſyſtems ſeem to agree, becauſe their principles, beſides being diametrically oppoſite, take different paths. It is to forbid ſeverely and

and indiſcriminately bleeding and purging, of which numerous obſervations demonſtrate the uſe and neceſſity to thoſe, who not being devoted to either party, attach themſelves only to a diſcovery of the cauſes, and to oppoſe to each that remedy which experience has proved to be proper to deſtroy it.

If thoſe who are replete with genius and literature, and at the head of theſe ſyſtems, would but caſt their eyes towards the obſervations from which they are at preſent eſtranged, and behold the inconveniency of treating diſorders oppoſite in their cauſes by the ſame method, enlarge their views, and deſpiſe what had hitherto occaſioned their ignorance, they would increaſe their own ſucceſs, and the acknowledgments of the public, and ſoon perceive that general rules and methods in the practice of phyſic are dangerous: they give their greateſt remedies an empirical appearance, by pretending to cure all by a ſingle noſtrum, and inſiſting upon the dependence of thoſe diſorders upon a ſingle cauſe, which is never ſo falſe as when reſpecting the nerves; the proper treatment of which ſhould therefore be mentioned. But the particular

ticular recital of theſe not well known, though much deſired remedies, would lead me too far from the bounds of my deſign, I ſhall therefore confine myſelf to ſome general obſervations.

1. The paſſions being the common cauſe of theſe diſorders, if we cannot remove the objects which awaken them, and weaken their influence, there is no cure to be hoped for.

2. Temperance, early hours, abſtaining from viands and drinks which engender humours, exerciſe, country air, and an agreeable relaxation, are the moſt certain remedies.

3. A facility of being ſenſibly affected; decreaſe of mirth, even melancholy without an apparent cauſe; diſordered ſleep, let it be ſhort, ſlight, or ſound, and urinary irregularity, being in general the firſt ſymptoms of bad nerves, the greateſt attention ſhould be paid to the patient in not applying remedies which are too violent. In this claſs I have ſeen the moſt dreadful caſes, which have all grown worſe, being in the beginning not underſtood, and treated violently by ignorant empirics, who often order the ſtrongeſt remedies without the leaſt thought of making an enquiry into the cauſe of each ſymptom,

tom, and what effect the medicine will be productive of. To thoſe whoſe nerves are diſordered, all impreſſions being too ſtrong, violent remedies muſt be terrible indeed, and ſuch miſtakes are too common; for nothing occurs more frequently, than to ſee thoſe who are afflicted with every diſorder of this ſpecies, becauſe at firſt they had attributed thoſe ſymptoms of anguiſh to ſtoppages and oppreſſions in the ſtomach, bad appetite, flatulency, eructations, the jaundice, which were the firſt effects of thoſe irregular motions of the nerves, the ſtomach, and the chief inteſtines; and there is certainly no phyſician, who has any employment, but muſt have been conſulted more than once by people, whoſe only diſorder was nervous, which they nevertheleſs treated as ſcorbutic, and detrimented the patient thereby. Again, there are other phyſicians, who do not believe that nervous diſorders exiſt, but look upon ſuch complaints as chimerical, and when they find their actual ſymptoms, never deduce them from their true principle, or hardly know what to call them, but generally term them the ſcurvy, a diſeaſe as uncommon

uncommon among thoſe who are detached from a ſea-faring life, as nervous complaints are frequent with people of faſhion. All ſuch errors are unhappy for the afflicted, upon whoſe ſkin, by a ſtrict ſcrutiny, may be diſcovered ſome ſmall blueiſh ſpots; the ſpecies is immediately fixed upon—and what is the conſequence? they paſs ſix months in taking anti-ſcorbutics. This trifling alteration in the colour of the ſkin, which may ariſe from a number of different cauſes, and be viſible in the ſtrongeſt perſons, is invariably thought to be an enemy to the blood: in vain the perſon ſays nay; in vain he declares he is in good health; that his humours are ſweet; that he has never lived but in the moſt ſalutary places; that he has not a ſingle ſymptom characteriſtic of the imputed diſeaſe; that his gums are firm, his teeth ſound, &c. 'Tis all uſeleſs; and nothing can excuſe him from undergoing the long and unneceſſary cure of a diſorder of which he has not even the ſeed.

Another ſtill more pernicious error is miſtaking diſorders of the nerves for venereal complaints, and obliging the patient to ſuffer a ſalivation. This miſtake may not ſeem eaſy; but

the many victims to it, ſufficiently evidence the fact to admit its mention.

4. The offices of the nerves being thoſe of the animal machine, which ſeem to require the greateſt perfection in all their operations, are the moſt liable to be diſordered, the moſt difficult to be rectified, and the moſt ſuſceptible of alteration. It is not therefore at all amazing, that diſorders of the nerves ſhould be very common and permanent, and that the alteratives of of well and ill, and ill and well, ſhould frequently happen; that the patient need have a great deal of courage, and the phyſician a great deal of patience, before a cure can be expected.

5. The manner of treating theſe diſorders often requires change, becauſe there may not only be a complication of firſt cauſes, each of which ſhould be peculiarly treated, but likewiſe, becauſe ſometimes, when the firſt cauſe which had diſordered the nervous functions is removed, there muſt be other remedies to re-eſtabliſh their tone; and finally, becauſe the motion of the nerves is too great, being agitated by numberleſs cauſes, and their ſtate greatly varied, that they cannot ſometimes ſuſtain the effects of a medicine,

medicine, which may have been ſerviceable to them before.

6. Warm baths, when there is a hot, dry, ſharp principle, are indiſpenſible: cold baths, or even thoſe to the laſt degree frigid, are of great ſervice, when a reſtoration of the tone alone is to be conſidered; and the moſt violent nervous fits are ſometimes moderated by taking a piece of ice, when all other remedies commonly uſed, or authorized by cuſtom, reaſon, and experience, have only encreaſed the diſorder.

Sect. 86.

The third thing requiſite in treating the diſorders incident to people of faſhion is, as hath been before mentioned, to diminiſh the feveriſh diſpoſition, which is ſo common, and dependent on the caſe with which they are diſordered, by perſpiration.

As this diſpoſition is principally owing to the ſame cauſe which hurts the nerves, and hinders digeſtion, it chiefly requires the ſame remedies.

The

The firſt is an innocent regimen, almoſt entirely compoſed of vegetables, without ſeaſoning; wine, chocolate, coffee, or tea.

The benefit of the warm bath uſed in the morning faſting is here of the greateſt utility. I have ſeen three patients of this claſs, thrown by theſe ſmall fevers into a confirmed hectic fever, whoſe ſituation ſeemed almoſt deſperate, and yet were perfectly cured by uſing this remedy; and cows milk only for nouriſhment, which has a good effect when it digeſts well and and meets with no obſtructions; if it does, aſſes milk ſhould be uſed. But thoſe who would have a rapid cure, muſt take much larger doſes than ſuch as follow the common method; I have made ſome take forty ounces per day. Skim-milk and acids are in this caſe of great uſe.

SECT. 87.

This divine remedy in many diſeaſes, is ſeldom ſerviceable in thoſe cauſed by heat. If it is uſed, it ſhould only be when the inflammatory, ſharp, and dry principle is deſtroyed: if then the feveriſh diſpoſition remains, it diſſipates it, and re-eſtabliſhes the ſtrength.

ARTI-

ARTICLE XI.

Obſervations on the MANNER *of* TREATING *particular* DISORDERS.

SECT. 88.

PArticular diſorders being the effects of general and determinate cauſes acting on different parts, they ſhould be treated according to the principles which I have already eſtabliſhed: I ſhall therefore be brief.

Extreme Senſibility.

SECT. 89.

That extreme ſenſibility to all impreſſions which render many ſo unhappy, ſhould be treated

treated like diſorders of the nerves, on which it depends, and often requires cold baths, milk-diet, much exerciſe, and the courage to brace the open air, and thoſe things which we moſt dread.

SECT. 90.

Sometimes the diſorder only exiſts in the imagination. The vapouriſh perſuade themſelves are not able to do any thing; when they they are very ſtrong, they fancy every thing incommodious which they are very well able to bear; they deprive themſelves of, and renounce all enjoyments; frighten themſelves with an unexiſting bugbear, and court a real one. Such caſes require the phyſician's utmoſt penetration: if he is deluded, the patient is loſt, but if he deceives the patient and gains his confidence, a cure is the work of a minute. I have ſeen five ſuch perſons, who fancied they could neither bear light, noiſe, air, or food, keep their beds in a dark and matted chamber, where none were ſuffered to walk; moved and ſpoke with the utmoſt precaution; lived only on broth and jellies; thought themſelves dangerouſly ill, ſettled

tled their affairs, and all this while they were perfectly well: I compelled them to ſee, hear, ſpeak, quit their beds, and even their houſe, to eat and move like other people; to feel themſelves well, and paſs in one quarter of an hour from the greateſt miſery to the greateſt happineſs.

Megrims or Vapours.

Sect. 91.

The megrims at firſt are the effects of faults in the ſtomach, which digeſts too ſlowly, and forms a ſlimy and acid matter. At this period great numbers have been cured by expelling the ſlime, filth, phlegm, and acids; in moderating or ſuppreſſing the uſe of wine, and giving mild bitters, joined ſometimes with purges of the ſame kind: ſena and rhuburb are often uſed.

When the diſorder is ſo inveterate as to become an affection of the nerves, or habitual illneſs, not only on account of its obſtinacy, but through prudence, it ſhould not ſometimes be cured,

cured, for a ſuppreſſion of the megrims cauſes more pernicious maladies; we ſhould confine ourſelves to mitigate its force, by leſſening the fits, or rendering them leſs powerful, which may generally be effected by uſing the regimen and remedies already deſcribed.

When the megrims attack perſons who are ſtrong and full of blood, a total abſtinence from wine and ſometimes meat is neceſſary; at other times frequent bleedings: ſome young people have been cured by marrying.

This diſorder has ſometimes its ſeat in the chief inteſtine, and derives itſelf from an accumulated bile which corrupts: purges, a continued uſe of cream of tartar, and above all a temperate and almoſt entirely vegetable diet, are the true remedies.

From 55 to 60 years of age the megrims uſually loſe their force.

There are but few ways of giving eaſe in the fit: tranquillity is almoſt the only one which is efficacious.

Diſ-

Disorders *in the* Eyes.

Sect. 92.

This ſtate of the eyes, mentioned in Sect. 37. which is a diſorder of the nerves in thoſe parts, joined to an inflamation in the humours, ſubmits only to reſting the eyes, being careful to avoid glaring impreſſions, many lights, fire, watching, ſtrong drinks, and ſharp or aſtringent waſhes: cold water is the beſt, frequently uſed; and early hours ſhould be particularly regarded. Alſo apply every month or oftner a couple of cupping glaſſes to the nape of the neck.

Cutaneous Disorders.

Sect. 93.

Pimples and tetters in the face, and other erruptions, together with itchings, often without any erruptions, ariſe from irregular perſpiration, and the viſcidity and ſharpneſs of the hu-

mours, or often from bad digeſtions. Which of theſe cauſes produce them ſhould be found, and when diſcovered, be oppoſed by the remedies already mentioned in ſpeaking of theſe diſorders.

When it is want of perſpiration, with a weakneſs in the lymphæ, few remedies are ſo beneficial as the inward application of chervil, gathered in the ſpring or the beginning of ſummer.

Warm baths aſſiſt perſpiration, when it is prevented by heat; but when derived from another cauſe, they do more harm than good. Some children who have thrown themſelves rapidly into a general ſweat, ſoon after apparently have it too much abſorbed.

In general, in diſorders of the ſkin, ſudorifics are ſeldom uſeful; purges are preferable; but above all, temperance and a good regimen are neceſſary. Errors here are more dangerous than in any other diſorder; the leaſt ſtoppage in the ſtomach affects the patient, and cauſes ſometimes an immediate and obvious increaſe of the eruption, with intolerable itching.

External applications are generally hurtful; it cauſes a diſappearance of the diſorder without

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an eradication, which often carries the malady on ſome internal organ, and is productive of very troubleſome and ſtubborn effects: the only uſeful remedies are ſuch as inſenſibly encreaſe perſpiration; we ſhould avoid all others. This humour which lodges in the ſkin, produces only pimples, heat, and itchings; but carried to the brain, cauſes convulſions, epilepſies, the palſy, and madneſs; to the lungs, mortal inflammations or incurable aſthmas; to the bowels, excruciating cholics, twiſting, hypochondriac complaints and the jaundice: the conſtitution is hurt paſt redemption, and thoſe charms to which all have been ſacrificed, vaniſh without hopes of return.

Sometimes ſome of theſe diſorders of the ſkin will yield to nothing; their ſtubborneſs ariſing from ſo ſtrong a principle of the thickneſs in the lymphæ, that nothing can overcome it but mercury, againſt which its common uſe and violent effects, have prejudiced many, ſo much that they will not hear it even propoſed, and are offended at its being preſcribed. To order it here is undoubtedly to be beneficial, for there are many diſorders totally different from the

the venereal, in which the uſe of mereury is indiſpenſible, and may be given without any bad effect: beſides, it may be uſeful as an anti-venereal to ſuch as little deſerve that diſorder, but are victims to the crimes of their parents, nurſes, or huſbands; and perſons of the firſt rank are as much expoſed to ſuch ſecret infections as others.

The GOUT.

SECT. 94.

There are many boaſted remedies for the gout, but experience has proved the inutility of moſt. Milk, that grand nouriſher, has here demonſtrated the efficacy of experience by often curing it, that is to ſay, as long as it is taken, the diſorder hath no admittance. And it always aſſiſts by rendering the fits leſs frequent and violent.

Thoſe who have not the courage to follow this regimen, muſt at leaſt abſtain from ſweets, oils, acids, ragouts, and even wine, more particularly if youthful. I do not adviſe a ſudden abſtinence when the gout attacks age, but the quantity

quantity of common wines muſt be diminiſhed, and a little Malaga now and then taken, or Madeira, Canary, or Samos wines. In ſtrictly following this regimen and temperance, ſupping little or none, or only on milk porridge; in ſometimes taking ſlight purges, and afterwards ſome agreeable innocent bitters; in exerciſing; in uſing at the proper ſeaſon domeſtic warm baths in which a little ſoap and a few aromatic herbs are put, benefit may be found; frequent bathing the legs in the ſame manner will be ſerviceable. We have had an example of a perſon afflicted by the gout many years, who had long and painful fits every ſpring and autumn, that by bathing his legs in this manner twice a week eſcaped for ſome years together. Mineral baths are uſeful; and if popular prejudice did not prevail, of which experience has proved the abſurdity, the gout would be thereby greatly reduced.

In the fit the part ſhould be kept warm; temperance obſerved; taking cold avoided; and if the fever is ſtrong, to moderate it by cooling drinks, by bleeding, leeches, and bathings.

If

If weakneſs cauſes it to wander it ſhould be fixed by cordials inwardly, and bathing the part where it is beſt to be ſettled.

Its numberleſs ſymptoms are ſudden, chronic, and always dangerous, the conſequence of a confirmed gout, and require a variety, and often a long courſe of remedies, which cannot be ſubjected to general rules.

Disorders *of the* Breast.

Sect. 95.

Diſorders of the breaſt are, coughs, ſtoppages, inflammations, pimples, and aſthmas; but coughs and ſtoppages are the ſymptoms which announce diſorders, rather than diſorders themſelves, which may be reduced to inflammations, difficulty of breathing and obſtructions. Spaſms, gangrene, the ſquirt, and cloſeneſs are out of the queſtion. Inflammations have ſeveral degrees, the firſt is, that trifling irritation which is attended with a ſtoppage, the conſequence of ſharp humours, or their inflammatory diſpoſition, which occaſion a dry cough more or leſs violent,

violent, and a flushing heat. As the stoppage predominates more or less, the symptoms are more or less obvious, and are, thinness, little sleep, morning dryness, and a quickish pulse, which prove that hot meats and drinks have been used. This first state of hectic inflammation, and the only one necessary to mention here, may continue several years without being considerable. It sometimes has long intermissions, the patient is sometimes tolerably well for several months, and then has a little relapse; and this alternative exists till the cause of the disorder is eradicated, or makes its progress till it terminates in an inflammation of the breast, which ends life in a few days, or by a slight running becomes an ulcer, which leads to a real asthmatic disorder.

Sect. 96.

It appears from what has been said, that while the disorder is not alarming, it should not be neglected for fear of the bad consequences, which may, from several causes, suddenly happen.

The remedies are,

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1. An innocent regimen, moſtly vegetable, but above all ripe fruit.

The reader may perhaps be terrified on finding in each article an exact regimen preſcribed. I am ſenſible of the ſame, but its importance, and the little hopes of ſucceſs without, make it appear indiſpenſibly neceſſary. How ſhould freſh food diſſipate the inflammation in the blood if it is at the ſame time encreaſed by ſtrong meats, hot drinks, nightly revels, and general exceſs? Is there any hope to bring a ſtomach to its proper tone by remedies, if twice a day improper aliments are taken? Is it reaſonable to think that phyſic will be of uſe when obſtructed, or operate when ſurrounded by ſlime which prevents its acting, and encreaſes the ſtoppage of the veſſels?

2. There is nothing better to change the inflammatory diſpoſition of the blood and lungs, than ſmall leeches now and then applied to the arms.

3. Much uſe of ſkimmed milk in ſpring, luke-warm baths in fine weather, and frequently bathing the legs before retiring to reſt.

4. Great

4. Great care to avoid air to which the patient is accuſtomed, or that which is too piercing; the air of hot rooms, or where there is much company; to live much in the country, and retire ſoon to reſt, for watching is here very hurtful.

Perſons afflicted ſhould avoid ſinging; and vocal muſic ought to be baniſhed from the education of young people whom we may ſuppoſe to have this diſorder. Avocations which require much exertion of voice ſhould be ſhunned; and their mode of living has often killed military gentlemen who have had theſe diſorders; the conſtrained attitudes, practiſed in general, is very prejudicial to the breaſt, and has cauſed many to ſpit blood.

When the diſeaſe ſeems agravated, bleed often and eat no meat.

In this diſorder the conſequences are more feared at about the age of thirty than any other time; and this popular fear is not without foundation: it is certain that when it no longer diſplays itſelf, and the fibres require ſtrength, the blood likewiſe thickens and inclines to be inflamed; the patient goes about his buſineſs,

finds melancholy, the ſoul is more intenſe, he ſleeps leſs and leſs; all this augments the diſorder, and the lungs are eaſily inflamed if that age which is the moſt violent and dangerous is paſt: and he arrives at the age of forty without an increaſe of the diſorder, there is much leſs danger: it nevertheleſs remains, and ſometimes runs thus to the age of fifty-ſix: but during this time it is generally reſtrained by medicine, and the patient may live very long, after coughing all his life, with no other inconvenience in his old age but extreme leanneſs, more frequently coughing, and more abundant expectoration, for the ſpace of half an hour after riſing in the morning. The lungs, which had been long inflamed, now becomes relaxed and require much the ſame treatment with regard to diet, but hardly any of the ſame remedies.

Sect. 97.

Perſons thus afflicted ſhould avoid marriage, which augments the complaint, and makes the conſequence more dangerous.

Sect.

SECT. 98.

Spitting blood is often the effect of a fall, a blow, violent exertion, paſſion, and other ſudden and ſtraining cauſes, unneceſſary to be mentioned here; but the natural conſequence of an evil in the lungs, often attached to particular families, and which often deſtroys them, ſhall be conſidered. It derives from a weakneſs in the veſſels of the *viſcera*, which having leſs ſtrength than is proportionably neceſſary, yields eaſily to the efforts of the blood, which by degrees ſwells, diſtends, and tears them in a dreadful manner.

It is ſeldom ſeen in infancy—the watery humours, innocent foods, their digeſtive, functions, and copious evacuations, prevent it: but it ſometimes diſplays itſelf as ſoon as puberty appears, ſometimes later, commonly between twenty and thirty years; therefore the ſame reaſons mentioned in ſect. 96, concerning inflammation, makes it known. It begins by dilating the veſſels; then is attended by a trifling cough, ſlight ſtoppage, weakneſs, leanneſs, and hoarſeneſs, which continues often for months; the

ſpitting

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ſpitting

ſpitting of blood more or leſs appears; this is the dangerous time, this is the time when it is alarming. Sometimes the veſſels ſhut after this firſt bleeding without inflammation or ſuppuration; but being weak ſoon ſwell, the ſwelling impedes reſpiration, the patient is oppreſſed, he coughs, cannot ſleep, his lungs are diſordered, his ſtrength diminiſhes, and blood grows thin; he feels ſlight touches of a fever, which increaſes, and nightly double their violence, till a ſweat more or leſs plentiful brings relief, but greatly weakens; and if he has it not, the oppreſſion and cough redouble their rage, ſo that he neither knows whether to deſire, or fear it moſt.

It augments progreſſively, ſometimes in a return of blood ſpittings, othertimes they never more appear, but the fever encreaſes, and the anguiſh becomes intolerable; the leanneſs daily increaſes, the ſtrength decays, and a deadly faintneſs finiſhes the life of the patient when he leaſt expects it, often without expectorating, or at leaſt any thing corrupted.

SECT. 99.

Other times the malady takes a different turn; after the firſt ſpitting of the blood, it forms an inflammation in the lungs; the hectic fever, cough and purulent ſpittings are eſtabliſhed, and the patient, by the laſt mentioned progreſs, dies in the ſame manner.

SECT. 100.

The moſt certain method of preſerving ſuch as are attacked by this dreadful diſorder, is to prevent the ſpitting of blood, which but rarely happens; that the patient guides himſelf by the directions in ſect. 98, which may cauſe it to ceaſe and prevent its return: and all other means ſhould be uſed for the ſame purpoſe, ſuch as thoſe mentioned in ſect. 96, to prevent the progreſs of inflammation. But children who are threatened with this diſorder ſhould be proſcribed whatever encreaſes blood, tends to inflammation, or ſettles upon the breaſt: follow the directions in ſect. 96. Singing and declamation are likewiſe in this caſe more hurtful than

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in the preceding. Whalebone ſtays are bad, and ſhould not be uſed, they often cauſe ſpitting of blood two hours after having been put on. With theſe precautions ſucceſs may be expected. I preſerved the laſt of fifteen children, fourteen of whom periſhed by this means, between fourteen and fifteen years of age.

SECT. 101.

When the ſpitting of blood appears, the hopes of a perfect cure are leſſened: the beſt thing to be done is uſing leeches frequently, who take away the inflamed blood; light food, ſkimed milk, decoction of barley, acids, pure gentle air, tranquillity, and ſeldom any other motion than an eaſy ride on horſeback; the diſorder muſt be weakened and reduced for ſome time by great temperance; and when the fever is abated, and the inflammation in the blood deſtroyed, the ſtrength muſt by degrees be recruited by gentle reſtoratives, ſuch as ſmall doſes of ſena.

SECT. 102.

In their birth pimples are not very dangerous, and do not obviouſly exiſt; they are found

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in dead bodies without the ſymptoms ever having appeared; but when they become more numerous or larger, and cover a conſiderable part of the lungs, they begin ſenſibly to impede the operation of the functions; the patient finds a difficulty in breathing, and is eaſily out of breath; walking, violent motions, hot rooms, and wet weather affect him; he breathes ſhort, and is ſometimes obliged to be quite ſtill, but has commonly neither pains nor heat at the breaſt.

As the malady encreaſes, theſe ſymptoms become ſtronger, joined to a little huſking cough; but ſometimes, nevertheleſs, violent fits happen, combined with ſtoppages in the inteſtines of the lower belly, and above all in the ſmall lobe of the liver, and attended with a weight at the pit of the ſtomach, ſometimes throughout the body, as if one had a girdle drawn too tight.

Sect. 103.

Pimples neglected too long or badly treated, or if neglected if ever ſo well treated, may have bad conſequences, when the patient periſhes merely through a ceſſation of the functions

tions of the lungs, without inflammation or ſuppuration, which throws him inſenſibly into a weakneſs and conſumption, with ſymptoms ſimilar to thoſe mentioned in ſect. 98. and finally into a mortal languor, when theſe pimples run and ulcerate.

SECT. 104.

The firſt conſequence is not uncommon, the afflicted exiſts ſometimes without cough or ſpitting; other times he has a cough and ſpitting, but only voids a ſlimy matter ariſing from the irritation of the kernels like the ſpitting in the infancy of the rheum, very rarely clots of blood, and more uncommon ſtill, at the expiration of the diſeaſe, corrupted matter.

SECT. 105.

The ſecond conſequence is an inflammation of the pimples; theſe tumours compriſing the ſurrounding blood, cauſes an obſtruction. A fever begins, the ſwelling is inflamed, the patient has a ſhivering fever, cough, oppreſſion, and all the ſymptoms of a ſlight inflammation or thick rheum: the diſorder often receives this laſt name,

name; it terminates by a little running at the bottom of the pimples; he ſpits a ſmall quantity of corrupted matter for a few days or weeks, he keeps his room, drinks balſamic pectorals, and is cured for a while. A ſecond eruption makes greater progreſs; the inflammation is heightened by heat, the ſame ſymptoms, cauſed by the firſt, are re-produced and end ſimilarly.

The ſame ſcene is often repeated during ſeveral years, and becomes more frequent with time; at laſt part of the lungs being deſtroyed, the reſources are deſtroyed; the termination is no more complete, a permanant ſuppuration is eſtabliſhed, the lungs are deſtroyed, a virulent phthiſic ſucceeds, and the concluſion is death.

Sect. 106.

This ſpecies of diſorders of the breaſt, known ever ſince the firſt exiſtence of phyſicians, and well deſcribed with its two conſequences by *Hippocrates* himſelf, has not ſufficiently excited the attention of phyſicians. At the end of the laſt century, Mr. *Morton*, an Engliſh phyſician, and about forty years ſince Mr. *Deſſault*, a phy-

ſician of Bourdeaux, made the importance of this article evident: nevertheleſs they did not ſufficiently conſider it, and many phyſicians ſeem not to know it; and what is ſtill more alarming, its treatment is really more difficult than they imagine, becauſe care muſt be taken in giving the neceſſary meliorators not to cauſe an inflammation.

In the beginning, while the diſorder is only crude, without inflammation or ſtoppage, an innocent regimen, nearly conſiſting of herbs, fruits and water, once or oftener bleeding, if the patient ſeems to have a plethora, aperitive remedies (but few acids) among which M. *Deſſault*, with reaſon, places mercury, of which I have often ſeen the good effects; ſoap pills, an extract of hemlock and juice of white rhubarb, are the beſt remedies. It is in the cure of this ſpecies that the water creſſes hath gained a reputation ſuperior to moſt other things. Milk is improper in theſe caſes, and if uſed, peculiar circumſtances in particular patients are the occaſion, and we adviſe to uſe it ſparingly in all kinds of colds: there are many in which it is very hurtful.

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When the diſorder takes the firſt turn, and is arrived to the criſis mentioned in ſect. 103. it is a moſt incurable phthiſic; a cure cannot be expected, and all that can be hoped for is to retard its progreſs; the means to effect which, vary ſo much that it would be improper here to inſert them.

SECT. 107.

In the inflammatory ſtate of each pimple while it remains, treat the patient accordingly by bleeding, innocent drinks, oatmeal, ſulphur, and light diet; and when it is arrived to the ſtate of ſuppuration let him be confined to vegetable diet, honey, and barley broth, or an infuſion of proper roots, ſuch as ivy and ſpeedwell; and if he has a ſmall fever daily, a few doſes of mineral acids will be of ſervice.

SECT. 108.

Decoctions of glutinous herbs are often uſeful in this diſeaſe, they work upon the tubercules like aperients, and correct the inflammatory diſpoſition of the blood: they may be ſucceſſfully uſed as long as this firſt ſtate ſubſiſts; the pulſe

pulſe is thick, and the blood remains in a pleuritic condition; and I have often ſeen the good effects of ground-ivy, groundſel, great houſeleek, &c. but when the ſtate of the blood is changed, and paſſes from inflammtion towards diſſolution, they muſt be proſcribed becauſe they haſte its progreſs.

SECT. 109.

We find phthiſics, different at firſt, ſimilar in their laſt ſtage, which is that of a ſuppuration eſtabliſhed upon the lungs. At this period the requiſite remedies are the ſame for all ſpecies, and are ſoon equally uſeleſs: the cure of this diſeaſe requires a ſpecific to deſtroy the virulent diſpoſition of the blood, but unhappily none ſuch is yet known; therefore all that can be done is to cauſe the patient,

1. To live uniformly upon vegetables or ſkim-milk; this regimen does not deſtroy the virulency, but forms a kind of blood, much leſs ſuſceptible of corruption than meat, and by that means retards its progreſs.

2. To give remedies which concur to the ſame end, moderate the fever, and at the ſame time

time brace the nerves: ſmall doſes of ſena and a little ſpirit of vitriol in common drink, above all, at the time of the encreaſing fit, are uſeful; a little myrrh often does good; a ſimple decoction of barley oatmeal, rice, &c. equals, in my thinking, the moſt boaſted drinks.

Sect. 110.

While ſtrength remains, and the pulſe beats thick, a little blood frequently taken away is beneficial, becauſe it prevents the inflammation in the lungs which the matter would cauſe, and an increaſe of the fever which would be the conſequence: thus it always retards, though it cannot cure the diſorder, and for all the prejudice of the public and many phyſicians againſt bleedings in hectic complaints, my own experience has confirmed what M. *Dover*, many years ſince, aſſerted in their favour in this diſorder; the characters and difference of which have here been ſufficiently examined, and which I may, perhaps, farther inveſtigate in a future work of this kind. I ſhall now proceed to,

DISORDERS *of the* LOWER BELLY.

SECT. III.

The firſt is bad digeſtions, but as the proper treatment of them has been mentioned, nothing farther can be ſaid here upon that head.

The inteſtines being upon the ſame conſtruction, and of the ſame uſe as the ſtomach, are ſubject to the ſame diſorders, and ſhould be treated in the ſame manner as in ſect. 81. When they are hot and coſtive, and at the ſame time the patient has fluſhings, drought, and a quick pulſe, the great uſe of freſh water in drinks, to waſh daily with only clear water, and carefully abſtaining from all hot meats will remedy thoſe ſymptoms while purges are tried in vain, ſince in general they only irritate. But when ſuch ſimple aſſiſtance is inſufficient, every morning and evening a quarter of an ounce of cream of tartar ſhould be taken, or a quarter of an ounce of pulp of caſſia recently extracted, and without

out mixing water, as it comes from the apothecary. If the entrails are tender, and if there is no fever but only a great deal of heat, dryneſs, and inflammation, ſymptoms which are often the effect of a ſharp bile too much irritated, the ſofteſt pulp is to be preferred; in the fever cream of tarter is beſt, warm baths are likewiſe excellent.

SECT. 112.

The hemorrhoids are another diſorder of the inteſtines, which for above an age were looked upon as beneficial, though in reality pernicious. This inconteſtable principle may be eſtabliſhed, that they are always the effect of bad health. It is true, that while this bad ſtate continues, they are an evil which may prevent others; but ſince they are an evil, though ſupportable, and but little incommodious, they may become painful and dangerous; and that otherwiſe their irregularities, when habitual, are as inconvenient as the irregularity of the courſes. When they firſt appear their progreſs ſhould be prevented; that is to ſay, all poſſible means ſhould be uſed to deſtroy the original cauſes, which are commonly

monly ſtoppages in the veſſels of the lower belly, too much blood, a ſtubborn coſtiveneſs, and ſedentary life.

The ſuperabundance of blood is leſſened by diet, a vegetable regimen, now and then laxatives, ſulphur, and cream of tarter.

The means of removing coſtiveneſs has been ſhown: ſtoppages in the veſſels now require attention.

OBSTRUCTIONS *in the* VESSELS.

SECT. 113.

Obſtructions are the impediments which the juices meet with in paſſing into the veins, and have various degrees: a *ſlow circulation*, by means of weak veſſels, thick blood, or bad juices, and conſequently compreſſion, is the origin of obſtruction: if the circulation entirely ceaſes in ſome veſſels, the obſtruction is more mature, and when it ceaſes in all, complete. If the patient at the ſame time is inſenſible, and his nerves callous, the diſorder is a ſcirrhus; no part is exempted from obſtructions, the lungs and brain are ſubject to it, but the bowels moſt.

1. Becauſe

1. Becauſe they cauſe a ſlow circulation.

2. For a reaſon not ſufficiently attended to, viz. the being more expoſed to irregular impreſſions, which depend on the continual variation in the tone of the ſtomach and bowels.

3. By the nature of the humours which ſeparate in moſt of its organs; and above all, on account of the bile, too ſuſceptible of thickneſs and hardneſs: but of all the veſſels none are ſo liable to ſtoppages as the liver.

Of adults, ſix out of nine have ſtoppages in the veſſels; the others have them chiefly in the myſentery, which is their common ſeat in children, and ſometimes in the pyloris, which being ſurrounded by many glands, is conſequently very liable to obſtructions, and eaſily becomes ſcirrhous—a cruel diſorder attended by vomitings, a weight, and afterwards pain in the part conducing to death. The patient almoſt periſhes with hunger by its rendering him unable to eat, and after having felt the ſharpneſs and corruption of the humours, and above all the bile, which is always diſordered, and ſometimes black and fœtid. Of caſes in the ſpecies we want better accounts than have hitherto appeared.

The ſpleen is much leſs obſtructive than is commonly believed.

SECT. 114.

The firſt remedy is temperance; for only by diminiſhing the humours, a re-eſtabliſhment of the circulation in the obſtructed part can be hoped for.

2. Care to avoid greaſy and viſcous aliments, ſuch as feet, heads, and entrails of animals; paſtry, milk, nuts, potatoes, and indeed whatever cauſes phlegm.

3. The choice of meliorating aliments, ſuch as watry herbs and fruits. Obſtructions which have withſtood all other remedies, have been removed by living ſix months upon endive: and all kinds of ripe fruits which ſucceed each other without intermiſſion, from the earlieſt cherries, to autumnal grapes; with a little bread and water.

4. By regularly rubbing with a dry flannel every morning, the part affected and the bowels, which facilitates the circulation, and diſſolves the thick humours. The uſe of theſe frictions

is

is deſcribed at large in an *Eſſay on the Health of Sedentary Perſons.*

5. By much exerciſe in country air, without which ſucceſs cannot be hoped for.

6. By a conſtant uſe of meliorating remedies, beginning with the mildeſt: the beſt are the juice of liquoriſh, and anti-ſcorbutic herbs, ſimply taken, when the ſeaſon, plant, and ſtomach permit; when the plants are not too juicy; when the ſtomach cannot retain any thing raw; or finally, when it is neceſſary to diſſipate the virulent, or too active juices, ſuch as hemlock, Venice ſoap, gums, antimoniac preparations, bitter ſalts, cream of tartar, ſea water, mineral-waters, mercury, ſteel, and aperitive roots.

The choice of theſe remedies is determined by accidental circumſtances. Obſtructions of the liver require the juice of herbs, ſalts, cream of tartar, and mineral ſalts. Thoſe of the myſentery, ſoap pills, gums, mercury, antimony, ſteel, and ſulphur.

The intermiſſion or preſence of the fever, acid or putrid ſymptoms, require variety of remedies. During the uſe of aperitives in obſtructions, but particularly thoſe of the bowels, purges muſt be frequently employed.

In thoſe of the pyloris, care ſhould be taken not to uſe any ſharp remedy, the effects of which acting upon the part itſelf ulcerate it, and has terrible conſequences.

SECT. 115.

Warm baths, by relaxing the veſſels, and qualifying the humours, greatly aſſiſt the cure, and when there is no reaſon to the contrary ſhould never be neglected, but above all in obſtructions of the liver.

Perſons ſubject to bad nerves are often troubled with the conſequences of theſe diſorders, and require the ſame remedies. But the moſt active which are given in other obſtructions, in theſe irritate too much, and inſtead of leſſening, encreaſe the diſorder.

Of CHOLICKY SWELLINGS.

SECT. 116.

Cholics, which depend on ſwellings in the bladder of the gall, and commonly ariſe from the paſſions more than any thing elſe, ſhould be corrected

corrected by drinking only water, and a vegetable diet; the juice of herbs, above all endive, dandilion, creſſes, fumatory, are the beſt remedies to expel; butter-milk, manna, honey, and journies in a carriage, the motion of which may be quickened according to the uſe of the remedies mentioned; mineral waters and thoſe of Balyrock, which produce excellent effects, are very proper to deſtroy this diſorder. But when there is room to ſuſpect a more conſiderable ſwelling, ſuch active medicines ſhould be avoided, which far from diminiſhing, encreaſes the diſorder, augments the pain, and may have very bad effects.

SECT. 117.

The vapours and hypochondriac complaints remain to be mentioned, but cannot be ſo copiouſly treated of here, as in a work begun ten years ago, which I ſhall carefully execute and publiſh to the world, concerning diſorders of the nerves. I have nothing to add to what has been ſaid of nervous complaints in general, and ſhall therefore proceed to female diſorders mentioned in Sect. 47.

IRREGU-

IRREGULARITY *of the* COURSES.

SECT. 118.

The firſt is irregular menſes, ariſing from the ſharpneſs of the humours, obſtructions, and the motions of the nerves and paſſions. This diſorder ſhould be carefully treated, and hot remedies precautiouſly avoided, on account of irritating the nerves, and giving an inflammatory thickneſs to the blood, thereby prolonging inſtead of ending them. They yield to an innocent regimen, a regular life, warm baths, mild aperitives, conſtant exerciſe; but purgatives, which are detrimental in the ſuppreſſions, are more dangerous than thoſe which ariſe from nervous diſorders.

Frequent menſtrual evacuations require the ſame mode of life; butter-milk, baths almoſt cold, ſena when it is certain there is no hot principle, bleedings, gentle purges, and ſometimes ſtrong acids, ſeldom aſtringents, which in delicate perſons may cauſe ſpaſms or other nervous com-

complaints. Milk made the ſole nouriſhment will cure what other things will hardly eaſe.

MISCARRIAGES.

SECT. 120.

There are two things to be conſidered in the treatment of miſcarriages. One to prevent a miſcarriage when it ſeems to threaten; the other to prevent that diſpoſition to frequent miſcarriages, which has been before mentioned. Theſe objects pre-ſuppoſe that the greateſt attention has been given to examine their cauſes.

When it is an overflowing, or heat of blood that cauſes the miſcarriage, which is often occaſioned by an exertion, ſtart, emotion, or extenſion of the arm, the beſt remedy is directly to bleed once or oftener; to put the patient in a bed rather hard than ſoft; to let her be immoveable and ſilent; to give her nothing but a few inſipid aliments and cooling drinks, ſuch as barley or rice waters, almond milk, chicken broth; one or two glifters daily to prevent the effects which the corroding matters may cauſe.

The

The acuteneſs of the pain ſometimes requires anodynes; but ſometimes the beſt remedies are ineffectual; and when there is a plentiful evacuation, it is difficult to prevent a miſcarriage. Sometimes it is imagined that the criſis is arrived, the evacuation and pain ceaſes, the patient revives and hopes, but in a few days the ſymptoms re-appear, and never depart till the the burthen is loſt.

SECT. 121.

When the miſcarriage is cauſed by weakneſs, it is longer in taking place, being towards the fourth, fifth, or ſixth month, and threatens before it arrives, by the mother's languor, weakneſs, paleneſs, pain in the reins, heavineſs in the bowels, a diminution of the infant's motion. If this ſtate begins early, the mother ſhould be kept quiet, and take nothing but what is light and nouriſhing. Inwardly give them ſome mild reſtorative intermixed with one or two laxatives, if it is ſuſpected that ſtoppages in theſe parts are one cauſe of the weakneſs, or the reins have the ſame indication, the life of the child may be preſerved

preſerved and a miſcarriage prevented. But if it is neglected, and the evacuation begins, which in this ſpecies comes leſs forcibly than in the other, there is but little hope; and indeed, it can hardly be wiſhed for, for this kind of miſcarriage rarely happens till after the death of the child. It is beſt for the mother to be delivered firſt, becauſe if the labour is ſtayed till the child is dead, ſhe ſeldom lives to be releaſed from it.

Sect. 122.

Early precaution to prevent miſcarriages among thoſe who are ſubject to them, ſhould be carefully taken, as they are eaſily divined by the rules eſtabliſhed in the two preceding articles; but their application requires many directions, and contains remedies which cannot be expected to be found in a work not deſigned to give any inſtruction to phyſicians, but to make known to the patient what is neceſſary for the knowledge of her ſituation, that ſhe may perceive the neceſſity of a cure, and be tractable to the advice of ſuch as direct it.

Consequences of Labours.

Sect. 123.

The conſequence of labours depends on the mother's ſtate of health, her conduct during pregnancy, and her mode of living at all times. The only method of being as happy in this particular as the robuſt countrywoman, is to acquire her health, but that being impoſſible, the means I have found to procure happy conſequences to delivery for woman, for whom I have had reaſon to fear in this period, are,

1. To avoid, in the laſt weeks of pregnancy, all that is over heating, in temper, meats, and drinks.

2. Daily exerciſe in open air till the time of delivery, unleſs ſomething eſſential prevent.

3. If they are of hot temperament, and are accuſtomed to plentiful menſes, they muſt be let blood eight or ten days before the time, and ſometimes during the labour.

4. The

4. The body ſhould be kept open during the latter pregnancy, not only by glyſters, but even by gentle purges. Pregnancy generally cauſes bad digeſtions; at firſt they have loathings and longings; they eat what is unhealthy, and the ſtomach operates badly. In a few months when the ſtomach recovers, the bowels are oppreſſed by the weight of the child, their functions are neceſſarily impeded; even the ſecretions of the bile ſuffer; it gathers, the matter corrupts and forms that putrid heat which I have aſſigned as a principle cauſe of the effects of bad labours. When before labour they have purgative evacuations, it prevents theſe evils.

5. To procure the ſame internal liberty after the labour by glyſters, or even laxatives, which is generally too much dreaded in that ſituation, and of which I have ſeen the good effects in procuring good times, and when it appears neceſſary, in the firſt day of the labour; and ſo far are they from opening too much, that they render the paſſage eaſy and regular, and prevent the ſuppreſſion and inflammation of the uterus, which is often the conſequence, by removing the

the irritation which cauſes them. But it is not here adviſed to purge upon all occaſions, and at all labours; many times it is unneceſſary, at other times does harm; but by numberleſs obſervations it has been found requiſite, where the ſymptoms appear to demand evacuation, purging is immediately neceſſary.

SECT. 124.

The very means which contribute to good labours, contribute to prevent an effuſion of milk, and render it uncommon. When it is neceſſary, there ſhould be great care taken, and a variety of aſſiſtance given according to the circumſtances, which ſome day or other may perhaps be the ſubject of a pamphlet, in which I ſhall recount all the obſervations which I have had occaſion to make, and ſome not hitherto known; but here I ſhall confine myſelf to ſome important particulars.

The firſt is carefully, in the regimen and remedies, to avoid acids; tho' a ſtrong fever may ſeem to require them; but they are always prejudicial, at leaſt when only demanded by a complication.

The

The ſecond is, that as long as there is no gatherings made, but the milk is mixed with the maſs of humours, abſorbents joined to lenitives, and intermixed with ſome purges are the beſt remedies.

The third is, as the nerves in theſe caſes are very delicate, and ſuſceptible of irritation or ſpaſms, all violent remedies ſhould be avoided.

The fourth is, nature being weakened by this milky humour, which ſometimes cauſes the palſy, or obſtructs the organs where it goes, it is often requiſite to call in the aſſiſtance of ſtrengtheners, notwithſtanding the fever; which, let it ariſe from what it will, muſt be treated with cooling things. It has happened more than once, that for want of making this obſervation, phyſicians, otherwiſe ſkilful, have ſuffered their patients to languiſh many months under continual fevers, which nothing could aſſuage.

The fifth is, when there appear ſymptoms which ſeem to indicate an inflammation on ſome interior veſſels, nothing ſhould be neglected to remove it; the leaſt inflammation may draw the milky gathering to that part, which then will

will require ſtrong internal applications to deſtroy it.

The ſixth, is ſometimes baths of thermolae waters may be of great uſe, when all other remedies have failed.

White Evacuations.

Sect. 125.

To treat copiouſly of white evacuations would take as much time as the milky effuſions, but I muſt here likewiſe reſtrain myſelf to generals.

Sect. 126.

They are often the effects of bad digeſtions; the coats of the ſtomach not being repaired by an active life, from a quantity of ſlimy matter and wateriſh blood, which cauſes habitually this running more or leſs plentiful or permanent: the chief ſymptoms of which are mentioned in ſect. 65. A dry regimen, much exerciſe, a long uſe of reſtoratives, and ſome purges, are the common remedies.

remedies. It is principally in this claſs, which is the moſt common, that all hot waters are detrimental; and, as the author of *Experimental Phyſic* remarks, the bad effects of coffee with milk or cream are inſtantly evident, a cure cannot here be effected without the patient abſtains from what is milky or oily, and from paſtry, and the great uſe of greens and fruits, which in theſe caſes are too relaxing and watery.

SECT. 127.

When they ariſe from a general bad ſtate of the maſs of humours, from a real complication, they reſiſt all remedies; at leaſt, to remove the diſorder would bring on an hectic fever, conſumption, dropſy, and death. Moſt happily this claſs is uncommon. A re-eſtabliſhment of the foundation of health only, can give hopes of a recovery, and that is often difficult. An exact diet, and a few purges aſſuage the diſorder when incurable, and may be conſidered as drainers to a tainted body.

SECT.

Sect. 128.

Sometimes plentiful evacuations, frequent labours, and milky effuſions, leave a principle of weakneſs, which is the only cauſe of white evacuations. When mild reſtoratives continued long, chalybeate waters, and purges (for they cannot be cured without them) with cold baths, are very uſeful.

Sect. 129.

A fourth cauſe common to this diſorder, is what is called a catarrh of the uterus: this organ is habitually in the ſame ſtate as the membrane belonging to the noſtrils and the lungs at the beginning of a rheum. Heat and heavineſs in the bowels, with ſymptoms of a tolerable ſtate of health, uſually accompany this ſpecies. Bleeding, warm baths, lenitives, aſſes milk, and an innocent regimen, often aſſiſt in the cure; but hot and ſtrong things are hurtful.

Sect. 130.

In theſe caſes care ſhould be taken to guard againſt aſtringents, which ſuppreſs without deſtroying

ſtroying the cauſes, and have pernicious effects.

Mineral baths are uſeful in caſes almoſt deſperate.

This diſorder may be placed among thoſe which are hereditary; if it is not, it appears very early: I have frequently ſeen it at the age of ſeven years, and once at three.

It is true, I could generally trace the cauſes of theſe early maladies in the mother, or faults of the regimen. They are ſometimes in young perſons preceded by diſorders in the bowels, which ceaſe when they appear; others have the cholic when the evacuations are ſmall.

When they are ſuppreſſed or diminiſhed without their cauſe, the conſequences are head-achs, coughs, and ſometimes the jaundice.

I ſhall finiſh this eſſay, (the omiſſions and imperfections of which I am ſenſible of) by repeating, that I am far from preſenting a project of reformation. It cannot be thoſe to whom it is moſt neceſſary—men to whom their ſituation, talents, reputation, long experience, and a well eſtabliſhed authority, give them the right of ſpeaking uſeful truths without fear of offence,

with that energy which is neceſſary to perſuade. Leave me, like others, to behold with regret, that perſons who, by their birth, ſtation, and education, ought to give eſſential examples to ſociety, to whom they are dear, and whoſe health is as important as their influence might be powerful, are preciſely thoſe who give the worſt, becauſe they continually labour to deſtroy it, by following a mode of life which is directly oppoſite to it, and which is ſo far from encreaſing their pleaſures, ſhortly deprives them of the very power of enjoying them, by throwing them into that ſtate which excludes all.—Is it poſſible that they can give themſelves up to illuſion in a point ſo eſſential? Are there any to whom it is indifferent whether they are well or ill? Can the ineſtimable benefit of health be ſo perfectly unknown in all orders of ſociety, as to be ſcarcely deſired, or what is worſe, that langour ſhould be as attractive as froſt to the inhabitants of the Alps, or blackneſs to the Negro? This thoughtleſs exceſs is ſcarce credible; for ſure none but a malicious ſatyriſt can ſay *that it is not faſhionable to be well.* What faſhion is it but a faſhion which renders it impoſſible to be happy, and to diſcharge

diſcharge our duty properly? Never ought it again to be received by any order of mechanics, much leſs by thoſe which are compoſed of perſons the moſt intelligent, who truly languiſh by error, not ſyſtem, and who will undoubtedly be happy in being diſabuſed. I ſhall congratulate myſelf if the peruſal of this eſſay ſhould evince to any the danger of their manner of living, and recal them to one leſs detrimental, or engage other phyſicians better ſituated for the purpoſe, more able and eloquent than myſelf, to execute ſo neceſſary a work, of which this is indeed but the outlines.

FINIS.